



the

OTHER PRESS

the Douglas College newspaper since 1976

theotherpress.ca

issue**08** volume**38** - october**25/2011**

The face of poetry

Vancouver 125

conference showcase

page 12

REMAKE RAMPAGE

Is Hollywood suffering from broken record syndrome?

06

HALLOWEEN IN-BETWEENS

Too old for candy & too young for clubs

10

OCCUPY... BUT WHY?

Is progress really being made?

17

RECAP ON THE WHITECAPS

Soccer success and more

20

WHO WE ARE

The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by and from our staff. Our head office is located in the New Westminster campus. The Other Press is published weekly during the fall and winter semesters, and monthly during the summer. We receive our funding from a student levy collected through tuition fees every semester at registration, and

from local and national advertising revenue. The Other Press is a member of the Canadian University Press (CUP), a syndicate of student newspapers that includes papers from all across Canada.

The Other Press reserves the right to choose what we will publish, and we will not publish material that is hateful, obscene, or condones or promotes illegal activities. Submissions may be edited for clarity and brevity if necessary. All images used are copyright to their respective owners.

THE OTHER PRESS

Student Newspaper of
Douglas College
PUBLISHED SINCE 1976

Room 1020 – 700
Douglas College
Royal Avenue,

New Westminster, BC
V3L 5B2
TELEPHONE: 604.525.3542

EDITOR IN CHIEF

Cody Klyne
editor@theotherpress.ca

ASSISTANT EDITOR

Sharon Miki
assistant@theotherpress.ca

BUSINESS MANAGER

Angela Szczur
accounting@theotherpress.ca

DISTRIBUTION MANAGER

Chris Paik
distribution@theotherpress.ca

ADVERTISING MANAGER

Ashlee Cichon
advertising@theotherpress.ca

WEB EDITOR

Liam Britten
web@theotherpress.ca

STAFF REPORTER

Maria Asselin-Roy
staff@theotherpress.ca

LIFE & STYLE EDITOR

Stephanie Trembath
fashion@theotherpress.ca

SPORTS EDITOR

Josh Martin
sports@theotherpress.ca

ARTS & ENTERTAINMENT EDITOR

Angela Espinoza
arts@theotherpress.ca

OPINIONS EDITOR

Jacey Gibb
opinions@theotherpress.ca

STAFF WRITERS

Allie Davison
Dylan Hackett
Eric Wilkins

GRAPHICS

Timothy Arndt
graphics@theotherpress.ca

LAYOUT MANAGER

Brian Yoo
layout@theotherpress.ca

CONTRIBUTORS

Jake Louis
Kyle Wallis
Livia Turnbull
Naomi Ambrose
Natalie Serafini
Tim Ryckman

Anyone can get published in the Other Press! Just email your story to the appropriate section editor from the list on the right. Please send your file as an MS Word .doc file.

The weekly deadline for submissions to section editors is Thursday by 12:00am for publication the following Monday. Time-sensitive articles (weekend news, sports, and cultural reviews) will be accepted until Saturday at noon and can be submitted to the editor at editor@theotherpress.ca. All submissions will be edited for clarity and style.

The Other Press will pay \$50.00 to any contributor who writes, and successfully has published, a feature article of at least 1,200 words. Also, The Other Press will pay \$50.00 for every five issues a contributor is published in on a per semester basis.

The Other Press holds weekly staff meetings at 6:00pm on Mondays in room 1020 at Douglas College's New Westminster campus. All interested students are welcome!

WRITE FOR US!

NEWS SUBMISSIONS
staff@theotherpress.ca

ARTS SUBMISSIONS
arts@theotherpress.ca

LIFE & STYLE
fashion@theotherpress.ca

OPINIONS SUBMISSIONS
opinions@theotherpress.ca

SPORTS SUBMISSIONS
sports@theotherpress.ca

FEATURE ARTICLES
editor@theotherpress.ca

FEATURE



Vancouver 125 Poetry Conference showcase

Dylan Hackett, pg. 12-13

NEWS

YOU CONQUER
THE GRAVEYARD?

Halloween events at Douglas and beyond

Maria Asselin-Roy, pg. 04

ARTS



Batman's back... but does Arkham City live up to the hype?

Angela Espinoza, pg. 05

L&S



Midterm munchies? Run off the Reese's Pieces pounds

Stephanie Trembath, pg. 11

OPINIONS



Off campus cuisine: Get cozy with Couzie's

Natalie Serafini, pg. 19

SPORTS



It has its own World Series and it's played at parties around the world but... is it a sport?

Josh Martin, pg. 22

LETTITOR

So you're a zombie: How to survive the human menace



Cody Klyne
Editor in Chief

The start of a new season of AMC's hit zombie-drama, *The Walking Dead*, has got me paranoid and thinking—talked to death as it may be—what I'd do in a similar situation.

This might be a sad or damning this to admit but, were there to be a zombie apocalypse, I have little reservation in saying that I'd probably be one of the first to go. Of course this would be *after* I'd been found hiding in a tree house filled with devilish *Home Alone*-style traps. Anyway, I just imagine that that's about the extent of my survival abilities when it comes to this sort of thing. I was never in scouts or cadets and I'm not exactly a shining example of physical intimidation. So, *instead* of giving you my half-hearted take on the zombie survival guide, seeing as I'm already anticipating being devoured and turned, here're a few tips for those future zombies among us:

Wardrobe

The first step to surviving as a zombie comes down to how quickly you're able to adopt a sense for practical, utilitarian, borderline military-inspired fashion. For starters: wear a helmet. Of course the dream would be to find one of those sleek, top-of-the-line, bulletproof numbers—some navy SEAL, black ops shit—but as a student preparing for the apocalypse, you'll have to settle for what you can get. With that in mind, consider making a trip to the local Sally Ann or used sporting goods store; anything to add that extra layer of protection for the old brain box. Just make sure it won't hinder your ability to chew, tear, or chomp... savvy?

Next, consider getting some of those freaky/sexy (I can't decide which) Vibram FiveFingers toe shoes to get the most out of your running. Finally, though some might say that this goes against my first suggestion (really, it's personal taste), go for the gusto: wear a suit, or costume that says "Hey world, I prepared for this in my own, self-deprecating, defeatist kinda way!" Another play on this idea would be to dress up as though you were useful or traditionally successful in life to intimidate people who have yet to cast aside "old world" ideals.

Zombie costume suggestions:

Farmer, Mechanic, Doctor, Pilot and one of the Beatles

Become a triathlete

Outside of the obvious health benefits you'll reap for the remainder of your human life, having the ability to run and swim at a competitive level will put you *heads* above the rest of the horde. This is where those Vibram shoes come in. Starting today, run *everywhere*. Wake up and run; run to the store; eat and run (practice for the future). Forget how to walk. Running is now your only means of travel. When you're not running, swim the Fraser. A solid backstroke will work wonders when the dams eventually break due to lack of care.

Whether or not we retain muscle memory, remembering how to run, and being damn fine at it, could mean the difference between a meal and becoming another statistic lost to the human scourge. It's probably wishful thinking, I know; I'm not exactly an expert on zombification (a pseudoscience if ever there was one).

Zom (how you want to) bie

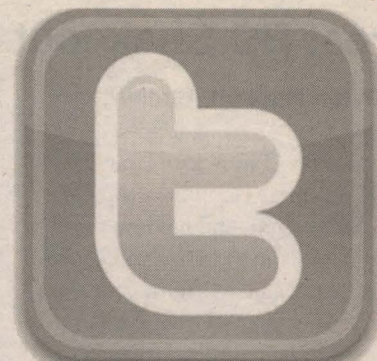
This last tip will probably be the most challenging to pull off: don't get torn to bits in the process of becoming a zombie. Losing an arm, leg, or worse before you're even officially a member of the undead will significantly decrease your chances of a long and successful life after death.

When the time comes, distance yourself from other humans. Tell them you have to go to the bathroom and can't while someone's watching; tell them anything. Then, when you're alone, isolate a particularly slow, weak, or otherwise impaired zombie and get bitten on your own terms. Go for non-critical, meaty areas. A nibble on the thigh, a bite on the butt; you get the idea. Then, find a nice quiet spot, something calming—a meadow or brook for example—and let the magic happen.

While a telephone psychic recently assured me that a zombie apocalypse similar to the ones we've seen on film was highly unlikely to happen in my lifetime, it never hurts to prepare. Whether you heed my advice now or have plans to start work on a bunker in the new year (once you get the proper permits)... have a safe and happy Halloween!

Later days,

Cody Klyne
Editor in Chief
The Other Press



The Other Press is online!

www.theotherpress.ca

Twitter@The_Other_Press

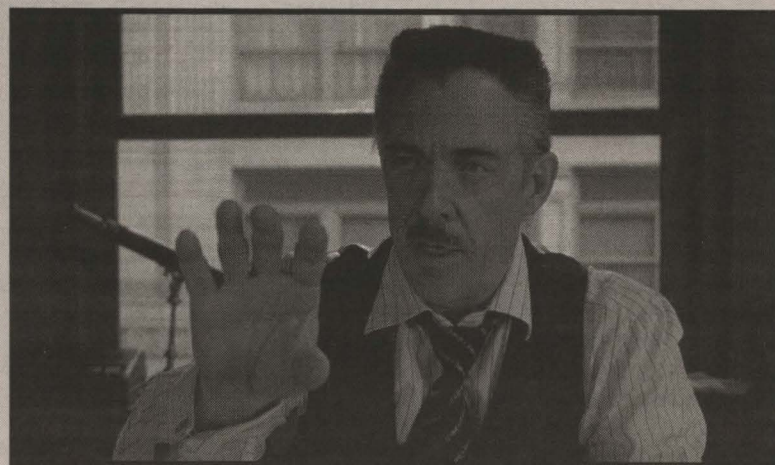
& on Facebook

Articles, updates, events and more!

WE'RE HIRING

Life & Style Editor PAY: \$400/month

Apply by October 28, 2011



Do you have a passion for fashion or a craving for saving? The position of life & style editor at The Other Press is open to new applicants and... we want to hear from you! The life & style editor is responsible for fielding and editing contributions from volunteers and staff writers (as well as writing pieces as necessary/desired) to produce a complete, print-worthy section (five - six articles) on a weekly basis.

- Strong command of the English language
- Familiarity with CP style
- Interest in health and fashion as well as other lifestyle topics
- Educational background or experience in writing and/or editing a plus

Great BC Shakeout shakes Douglas College

By Dylan Hackett, Staff Writer

At 10:11 a.m. last Thursday, Douglas College dropped, covered, and held on for sixty seconds in participation of the biggest earthquake drill in Canadian history. This year's Great British Columbia Shakeout had over 525,000 participants, the bulk of which reside in Metro Vancouver. Many businesses, schools, and municipal offices dove under their desks in preparation. Joint events are being held in California and Utah simultaneously.

The event is now poised to happen on the third Thursday of every October.

The first Shakeout was on January 26 of this year to commemorate the 311th anniversary of the massive Cascadia earthquake that struck the West Coast with a supposed magnitude of 9.0 in the year 1700.

BC Public Service Coordinator Heather Lyle explained to Global BC Morning News why a second Shakeout drill was organized this year, "We decided to join forces with California and several other American States. We didn't want to wait until October 2012 because we've had so much earthquake activity, like with what happened in Japan."

Last month's 6.4 earthquake off the west coast of Vancouver Island

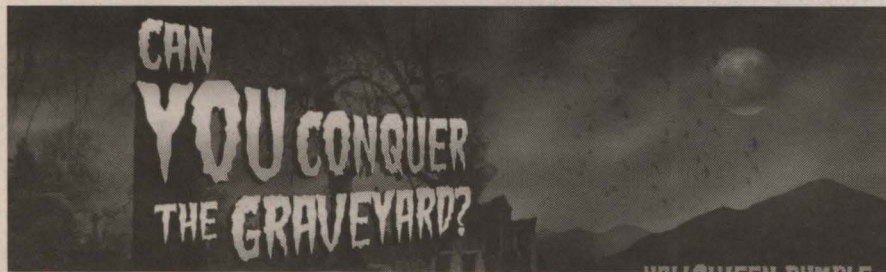
reinforced the danger of seismic activity in the minds of many British Columbians. The directions for what to do in the event of the earthquake are simple and held in the slogan for Shakeout: "Drop! Cover! Hold on (to the piece of heavy furniture you're underneath)."

If you're not near any heavy furniture such as a desk, get close to a wall away from a window and cover yourself with your arms, explained Lyle. "What you're trying to do is protect your neck, head, and vital organs."



Photo by: Tommy Chen

Students beware, you're in for a scare Halloween events in New West



Maria Asselin-Roy
Staff Reporter

With Halloween just around the corner, it's time to start getting ready for one of the most fun holidays of the year. With an exciting event happening right here at Douglas College, Halloween activities in New Westminster, and convenient places for costume rentals, it's easy to get out for some Halloween entertainment.

This year, Douglas is hosting a Halloween Rumble in the gymnasium at the New West campus. The event will take place on October 28 from 2 p.m. to 5 p.m., and is meant to give students a break from their studies in order to participate in some Halloween

of music, with one room dedicated to Halloween-themed music. People are encouraged to dress in their most creative costumes for various prizes and giveaways, with a \$500 cash prize for the person with the best costume. Doors will open at 9 p.m. and it's recommended to get tickets in advance. Also keep an eye out for The Standard's Halloween-themed event on Saturday, October 29. For updates, check out www.clubzone.com.

On Friday, October 28, The Queensborough Community Centre will be hosting a carving contest. This event is particularly interesting because you don't even need to carve a pumpkin—they will accept any vegetable or fruit. The event goes from 6 p.m. to 7:30 p.m. After the Halloween Rumble, bring a pumpkin and stop by the community centre, there is no

"This year, Douglas is hosting a Halloween Rumble in the gymnasium at the New West campus. The event will take place on October 28 from 2 p.m. to 5 p.m., and is meant to give students a break from their studies in order to participate in some Halloween activities."

activities. Students participate in teams, and each team should all be wearing costumes with a particular theme and will go through an obstacle course. Points will be awarded based on best team costume, and the results of the activities. If you are interested in signing up, go to the Douglife site www.douglife.ca/2011/featured-post/halloween-rumble/ where you can register yourself or your full team.

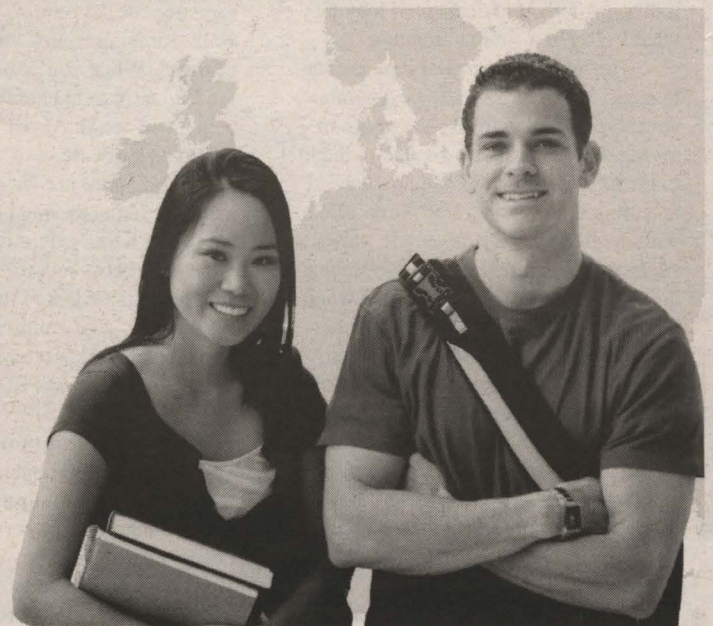
When it comes to the nightlife, New Westminster nightclub Fever is hosting an Angels & Demons Halloween Bash on Saturday, October 29. The club will feature two rooms

entrance fee.

If you're stuck on a Halloween costume, your best resource in New West is Columbia Costume Rentals. Located on 42 6th Street and just a 5-minute walk from the New West campus, they provide hundreds of costumes for Halloween. You don't have to worry about taking the costume in for washing or dry cleaning, they take care of that.

Whether you're spending Halloween in New Westminster or elsewhere in Vancouver, have a happy and safe Halloween.

International students at Douglas College Increased international student enrolment in line with premier's initiative



By Maria Asselin-Roy,
Staff Reporter

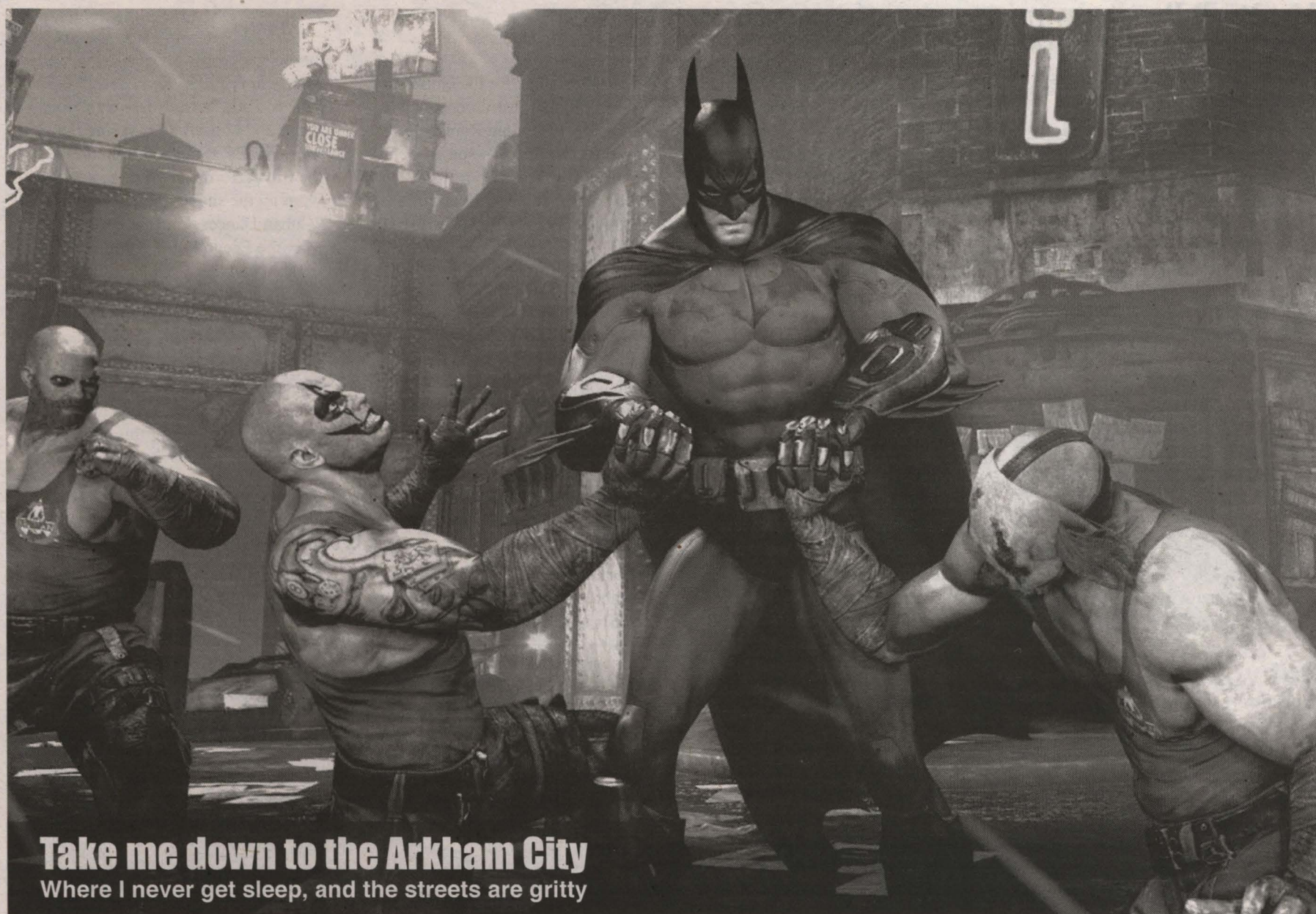
Last month, Premier Christy Clark announced plans to increase the number of international students studying in British Columbia. According to the plan—which is part of a larger initiative to stimulate the province's economy—Clark aims to increase the number of international students at BC post-secondary institutions by 50 per cent over the next four years. Additionally, the premier's plan would create a new BC council on international education focused on attracting international students from overseas areas in Asia, South America, and the Middle East.

Mirroring the premier's focus on amplified international student presence, Douglas College's international student population is growing as well. According to October 13 *Vancouver Sun* article, published in response to the Clark initiative, college president Scott McAlpine noted that the number of international students enrolling at Douglas College this academic year will reach 1,000—up 75 per cent from just a few years ago.

International student enrolment

can be controversial at times with, as McAlpine writes, "Some suggest[ing] that international students are free-riding on taxpayerfunded education infrastructure...[or taking] classroom seats away from local students." Still, because international students pay tuition rates that are five times higher than domestic Douglas students, international student fees may also help contribute to expansion within the college on the whole. As McAlpine says, "those [international student] fees allowed Douglas to create spaces for an additional 375 full-time domestic students. Those fees also allowed us to hire an additional 55 faculty members as well as additional support staff."

In addition to recruiting international students to study at the college, Douglas has a number of other global initiatives on the go. This year, nearly 120 students from the college will participate in study abroad opportunities—like field schools, student exchanges, and practicums—around the world. The college also has a long-standing partnership program with China's Shanghai Institute of Foreign Trade, with over 1,000 graduates over the past 10 years—where students earn business degrees from both institutions.



Take me down to the Arkham City

Where I never get sleep, and the streets are gritty

By Angela Espinoza, Arts Editor



Batman and I have this thing... I'm not exactly sure how to describe it. He's just sort of appeared everywhere for my entire life—and now he's become a crippling addiction for me. Maybe I should see someone about it. Or, you know, I could just stay awake for three days straight and play *Batman: Arkham City* instead, like I did with its predecessor, *Batman: Arkham Asylum* (2009).

Several months after the events of *Arkham Asylum*, warden Quincy Sharp has become the mayor of Gotham. His biggest change has been to move all the residents of Blackgate Prison and Arkham to a gated, heavily guarded mini-metropolis known as Arkham City. Sharp has left renowned psychologist Dr. Hugo Strange in charge; unfortunately, "Strange" is a really, really stupid name to have running an entire prison complex. Turf wars have emerged between the inmates, all of whom are fighting for the Penguin, Two-Face and, of course, the Joker. Now Batman's swooping in to save the day—wait, he's not? What? Bruce Wayne has been incarcerated into Arkham City?! Uh oh...

Cutting right to the chase, the game's mechanics are virtually the

same as they were in *Asylum*. However, because basically everything in *City* is 10 times bigger, you're provided with new gadgets, new combos, and quick fire, which allows for your entire arsenal to be efficiently available in battle. For example, in a single fight, I could deploy explosive gel on a fire extinguisher, toss some guys around with the bat claw, and do it all no problem because everyone's frozen via freeze blast—all at the click of a button. Insert maniacal evil laugh here. With all that in mind, you're not going to fight

"Cutting right to the chase, the game's mechanics are virtually the same as they were in *Asylum*. However, because basically everything in *City* is 10 times bigger, you're provided with new gadgets, new combos, and quick fire, which allows for your entire arsenal to be efficiently available in battle."

very difficult battles—even snipers can be easily taken out by disabling their guns *without them even knowing!* Really, the challenge is quantity, *not* quality, which is a tad unfortunate because that goes for boss battles, too—and believe me, there's a lot.

However, this also means that we get some nice exposure to what is the majority of Batman's rogues gallery. Unlike in *Asylum*, there aren't nearly as many cameos as there are physical enemies, because they've brought many of the villains (e.g. Mr. Freeze, Ra's Al Ghul, Mr. Zsasz) to life. But as a result,

there's not nearly as much character development happening unless that specific character plays a truly pivotal role in the entire game.

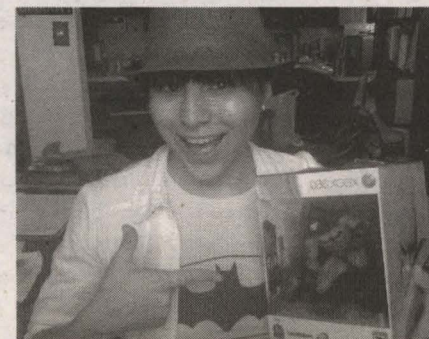
Arkham City's actual story takes roughly eight-to-twelve hours to beat if you play it straight. If you're like me and have some severely undiagnosed ADHD though, you'll be trapped inside the walls of the City for quite some time. For one, the Riddler returns with 400 new riddles, some of them in the form of actual puzzles. Then there are the dozens of victims you have to save

by villain, the story becomes ever clearer, with some of the best story twists I've ever seen in a video game. When things start to get too intense though, Catwoman's story becomes interspersed (but only if you've downloaded her code... it's part of the game, but it's separate, I don't know, go look on the internet), which is a fun distraction. She's not just a girl's avatar: her fighting style, her 'thief mode,' even her damn fine walk varies from Batman's. At the heart of it all though is the Joker, whom Mark Hamill is portraying for the last time. To put it simply, they flesh out the Joker's character and his relationship with Batman to such lengths that just thinking about it makes me want to play all over again... again.

Buy it. Buy it now. Hell, buy 10 copies, and then propose to them! They'll turn you down though, because my god, *Arkham City* is too good for any of us.

from Zsasz through phone booth tag, where you race across the city via epic wing glide from one booth to the next. Then there are the political prisoners you have to rescue from the inmates. Then there are the side missions—that's right, all that other stuff ain't even the side missions.

Even though the story doesn't outlive the game, that doesn't make it any less fantastic. From the second the game starts, with an incredibly cinematic opening (and even better ending), the player is wondering just what in the hell is going on. Villain



Strutt while strumming

Arts at One presents the interchanging four piece, Guitar+

By Angela Espinoza, Arts Editor

Just an hour after high noon last Thursday, a low-key performance occurred at the Laura C. Muir Performing Arts Theatre—Guitar+. The guitar part of the event's title is played by Michael Strutt. Strutt is a former faculty member of McGill



University, Concordia University, the University of Ottawa, and the UBC School of Music—and is the current Head of the String Division of Douglas College's music program. The event's + includes Douglas' Community Music Programmer Bob Caldwell (percussion), former member of the unfortunately now-defunct CBC Radio Orchestra Gene Ramsbottom (clarinet), and UBC Professor of Bassoon and Symphony Orchestra conductor Jesse Read (bassoon).

Save for the opening song, each of the performers had interesting and insightful information about the artists and the songs they were covering, providing the audience with some background to help us understand where these instrumental pieces were coming from.

Throughout the performance, various changes were made to the lineup, depending on the song. Strutt

remained on stage for the entire show, as the additional instruments would accompany his guitar. Ramsbottom played for the first two songs, Gentil Montaña's "Porro" (from *Suite Columbiana*) and Astor Piazzolla's "Nightclub 1960" (from *Histoire du Tango*).

After Ramsbottom left the stage, Caldwell joined in for Günter Braun's "Serie (1964)," a three-part series of individual pieces ("Ipasibilidad," "Inego," and "Extasis"). With momentary breaks between each piece, Caldwell made full use of his surrounding assortment of percussion instruments; watching his careful timing in moving between instruments to Strutt's playing was exciting. Soon after Caldwell exited, Read came out to accompany Strutt for Matheiu Lussier's aptly named "Bassango" and Stephane Wrembel's "Bistro Fada," from this summer's Woody Allen-directed

Midnight in Paris; Read described "Bistro Fada" as an "earworm" for Strutt and himself after seeing the film. Finally, Ramsbottom returned as the trio performed two more sets to wrap up the show: Ignacio Cervantes' "Cuban Dances," in four parts, and Maximo Diego Pujol's "Fin de Siglo," in three parts.

As always, the performance provided for an enjoyable afternoon of music, this time with a side of lecture. Be sure to attend this week's Arts at One performance, Technology Concert, which is anticipated to be one of the more unique shows of this semester's series.

What: Arts at One presents Technology Concert

Where: Laura C. Muir Performing Arts Theatre (Douglas College, New West)

When: Thursday, October 27 at 1 p.m.

Cost: Free!

Out with the old

Four film remakes hitting the screens this fall and winter

By Allie Davison, Staff Writer

Lately it seems as though Hollywood can't come up with any new ideas. The last few years have been riddled with remakes—and most of them have been unnecessary. The next few months won't be much different, as there will be no shortage of renewed movies hitting the screens. Hopefully, audiences won't be disappointed.

Footloose (October 14)

Footloose is a remake of the 1984 classic, which danced up a storm on the big screens. The remake premiered two weeks ago to mixed reviews. The story was the same: big city dancing boy moves to a small town where dancing is banned. Of course though, the movie has been updated for our generation. For example, the main character Ren (played by Kenny Wormald) has had his classic walkman replaced by an iPod. Although this is one of the more faithful remakes, I kind of missed Kevin Bacon dancing around 80s style.

The Three Musketeers (October 21)

The Three Musketeers is one of the most well-known stories in the world, and because of that, it is also one of the most frequently adapted stories: there have been over 20 adaptations of the popular story in film alone. Reviews for this year's edition are in from some of the European countries (where the movie was released earlier this month), and things are looking pretty grim. At the very least, this version should be more entertaining than the 1993 remake (which starred Charlie Sheen and Kiefer Sutherland)—as with most Paul W.S. Anderson films, this time we get to see explosions in 3-D.

The Adventures of Tintin (December 21)

Okay, this one's more of an adaptation than a remake, but just roll with it. When the film featuring two of my favourite childhood characters (Tintin and his lovable dog Snowy) was announced, I got pretty excited. As I grew up reading the comics and watching the cartoon shows and movies, I had only fond memories of the mystery-solving adventurer and his band of handy constables. However, as the release of the new movie draws near, I can't help but be slightly apprehensive. Although the trailers do pique my interest, I'm not sure I can stand the strange array of accents that seem to be bouncing around the screen.

The Girl with the Dragon Tattoo (December 21)



I'm a really big fan of the bestselling book series by Stieg Larsson, and I thought the Swedish films did an excellent job of sticking to the story. So, obviously, I'm curious to see what kind of changes will take place in the American version, considering their track record on book-to-movie conversion isn't the best. There are some pretty graphic scenes in the original book and Swedish film that may or may not appear in the remake. Hopefully the combination of one of my favourite actors (Daniel Craig) and an excellent story will make it just as successful as its Swedish counterpart.



Tell us what you would
do with an
extra \$300
& we'll make it happen!



Enter Now!

Facebook.com/quittersunite

Smoking a pack a day costs about
\$300/month.

Describe your smoke-free lifestyle at
facebook.com/quittersunite
for a chance to win!

Is your Halloween feeling dead?

Bring it back to life with these nifty purchases!



By Angela Espinoza, Arts Editor

Hey, guess what's happening next Monday. It involves dressing up in wacky costumes, eating candy, and waking up the next day with a hangover and a class at 8:30 a.m., because life is merciless. That's right, another Halloween is nearly upon us!

Some years it feels like Halloween is the most hip happening shindig in town, while in others it feels barely noticed until the day of; to me, this year has been leaning more towards the latter. This is largely due to the fact that for the first time ever, I've discovered this thing called a life... which is not a computer, and is therefore weird to me. As a result, I've begun noticing little acts of fate that have somehow been forcing a Halloween atmosphere to commence. Thus I will share these things with you, because, with any luck, they'll get you into the Halloween spirit, too!

First up is a little PC/Mac game I purchased about two weeks ago called *The Binding of Isaac*. The game takes its name from a story in the Old Testament of the Bible, where God asks a dude named Abraham to sacrifice his son Isaac, because God was having a bad day I guess. In the game, which was a project between Edmund McMillen of *Super Meat Boy* (2010) and Florian Himsl, you play Isaac: a naked, terrified little boy who's just escaped from his nutty, God-fearing mother. Whether it's the fact that your tears are your ammo or that you occasionally fight the seven deadly sins, you're going to realize this game is very dark. However, thanks to the amusing doodle-like artwork of McMillen and a fantastic array of randomly generated items, dungeons, and some crazy-as-hell villains, this game is far too much fun to really be freaked out by. Some villains spit blood at you, others pop out maggots that chase you, and there are

freakish demon baby skull things with spines for necks—if that doesn't scream Halloween, I don't know what does (and it's only five bucks, just saying).

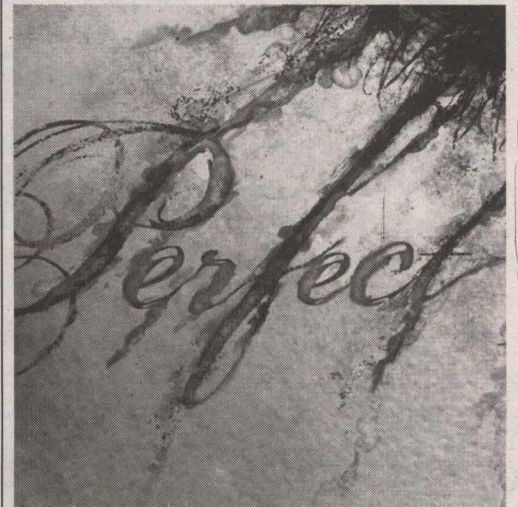
As you'll see on page (see page 5), I also recently purchased *Batman: Arkham City*, soon to be remembered as one of the biggest games of the year. I went all out and purchased a rather expensive collector's edition that came with a soundtrack featuring "hit artists." No indication of who these artists were was scary enough, but then I realized Batman belongs to Warner Bros., which owns Warner Music Group, which owns everything, so these artists couldn't be too bad. What I got was an album that included Panic! At the Disco, Coheed and Cambria, Serj Tankian, and a number of others performing original pieces apparently about Batman. On the downside, these songs do the Dark Knight little justice. But hold on, with songs by the name of "Creature," "Shadow on the Run," and "Afterdark," well now I've got me one heck of a pretty sweet Halloween playlist! The album (also titled *Batman: Arkham City*) is on YouTube by now; I suggest giving the track list a peek and getting yourselves a pretty sweet list of Halloween party songs.

Some other purchases I made recently have initiated quite the demonic monkey on my back. These include the Steve Jackson-produced dice and card games *Cthulhu Dice* and *Chez Cthulhu* (2010), which really are insanely fun. The first volume of Neil Gaiman's *The Sandman* series has also finally found its way to my bookshelf, and if I've heard correctly, it's deliciously creepy.

So there you are: hopefully some of these things will find their way into your life, and provide you with a hellishly entertaining Halloween. And if you can get a couple of these things together, well then you've just found yourself one kicking (albeit somewhat geeky) Halloween party!

I just want to be Perfect

Does Ellen Hopkins' latest novel deserve its title?



By Livia Turnbull



Ellen Hopkins is no stranger to the world of young adult fiction. Her books are often critically acclaimed, dealing with subjects such as drug abuse, rape, and suicide in a careful and respectable manner. However, these books are written in a way quite unlike most others in their genre: Hopkins' books are written in free verse. One wouldn't expect a novel filled with such heavy subject matter to be written this way, but it works surprisingly well.

Hopkins' latest novel, *Perfect*, which continues the free verse style, is a companion piece to her earlier novel, *Impulse* (2007). This time, however, instead of exploring themes like suicide and self-harm, Hopkins' book focuses on what it means to truly be perfect.

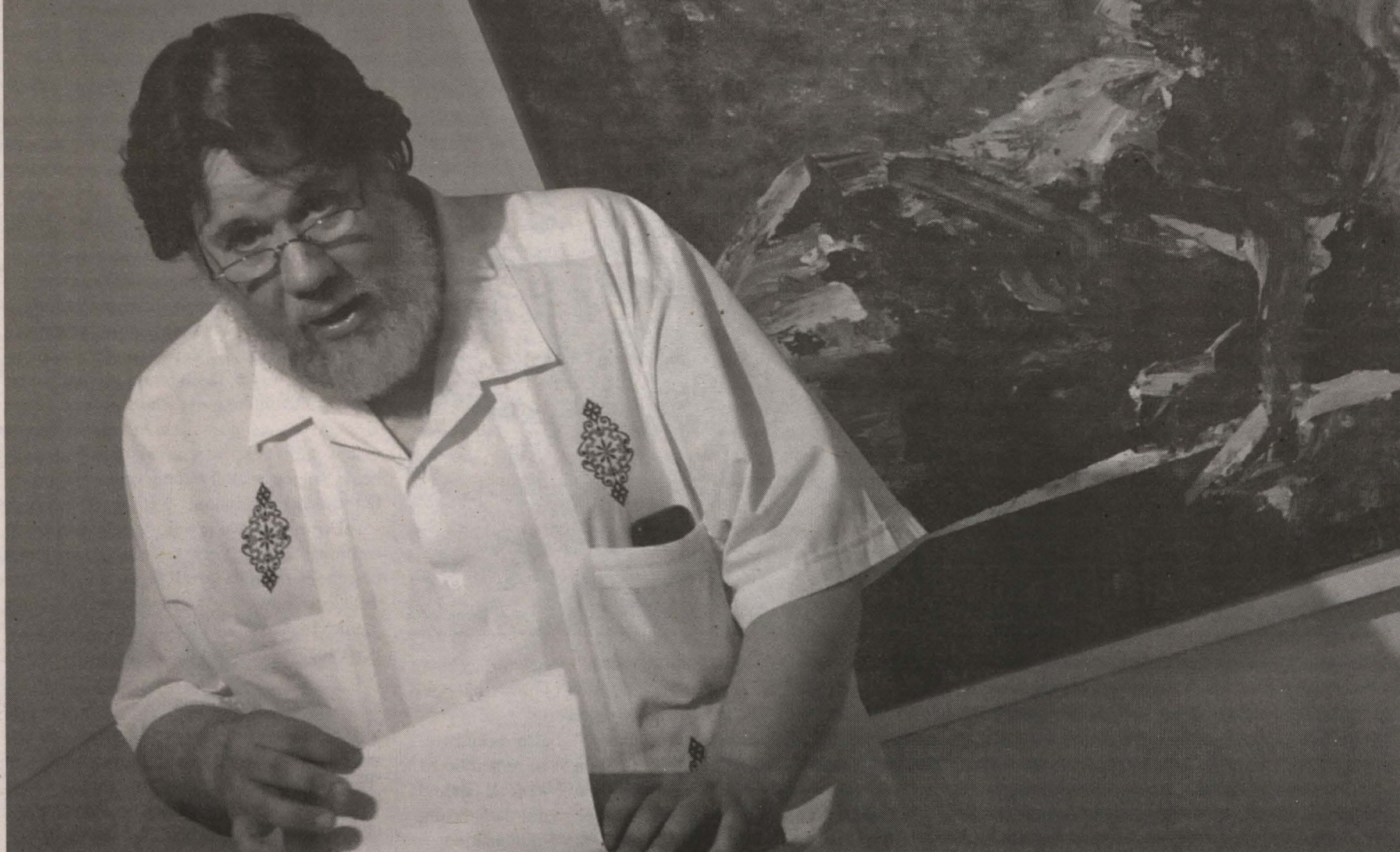
Perfect follows four high school seniors: Cara, Kendra, Sean, and Andre. We are first introduced to Cara: smart and athletic, she's got a bright future ahead of her—at least, that's what everyone else thinks. In reality Cara is just trying to please her overly demanding parents, while struggling to make sense of her twin brother's suicide attempt. Kendra's clearly a woman with more beauty than brains, as she desperately wants to become a model no matter what the toll is on her body. Sean is a baseball fanatic who wants to bat for Stanford's baseball team, but he needs a little extra "help" to make that happen. Finally, Andre, an aspiring dancer, is torn between his parents' plans for him and his own dreams.

Much like *Impulse*, *Perfect* manages to sum up the four main characters' thoughts and feelings in few words. Unfortunately, while this technique can be effective with a single narrator, it doesn't work well with four. Some stories, especially Cara's, move far too quickly, while others feel unfinished. In the end, it's difficult to tell if the characters have moved past their trials at all.

Overall though, I recommend giving this book a read. The writing style is interesting and the characters are realistic, even if the pace of the novel does drag things down. If you have a few hours to kill, it might be worth giving *Perfect*—or any other of Hopkins' novels—a try.

How very literary

Poet Martín Espada stops by Douglas College for Literature Alive



By Dylan Hackett, Staff Writer

Literature truly came alive at the New Westminster campus last Wednesday, as famed Brooklyn-born Puerto Rican poet Martín Espada read some of his work to a small gathering of staff and students. Espada's gruff but gentle voice gave his poetry spirit and passionate vibrancy as he delivered poems from three of his works: *Alabanza* (2003), the Pulitzer Prize-nominated *The Republic of Poetry* (2006), and his latest, *The Trouble Ball* (2011). His poems reflected his growth from a boy born to the housing projects of Brooklyn who trained to become a lawyer, to his current life as a poet and professor at the University of Massachusetts Amherst.

It was his first time in Vancouver, coming to speak this weekend at the Vancouver 125 Poetry Conference and the Vancouver International Writers Festival commemorating the 125th anniversary of the city. Despite

his commanding presence, Espada was not without a sense of humour. His acerbic wit withstanding jetlag, Espada delivered a poem about a forced love affair with cockroaches, appropriately titled "My Cockroach Lover." Caressing his steel wool-like beard, he read: "One night I dreamed/ a giant roach/ leaned over me, / brushing my face/ with kind antennae/ and whispered, 'I love you.' / I awoke slapping myself."

Describing himself as a "poet advocate," Espada's Brooklyn background inspired him to write many pieces about the working class and poems with political undertones. One of these pieces, "Alabanza: In Praise of Local 100," is an ode to the immigrant workers who died in the World Trade Centre on 9/11: "Praise the great windows where immigrants from the kitchen/ could squint and almost see their world, hear the chant of nations: / *Ecuador, Mexico, Republica Dominicana, / Haiti, Yemen, Ghana, Bangladesh.*" Espada read to the rapt audience.

He then described his first visit to his father's homeland of Puerto Rico as a child; "I had never seen such a beautiful place in my life. There is nothing like seeing it for the first time." He captured the essence of his childhood visit in the poem "Coca Cola and Coco Frio": "The boy tilted the green shell overhead/ and drooled coconut milk down his chin; / suddenly, Puerto Rico was not Coca-Cola/ or Brooklyn, and neither was he."

Espada is a bilingual poet who writes many of his pieces in Spanish and English, oftentimes in the same poem, as he explains "The two languages co-exist in my mind and influence in subtle ways. I enjoy bouncing the two languages off each other the way they bounce in my head."

With his poetry career spanning thirty years, Espada has been published in fifteen different languages, including Thai, Hindi, Arabic, and Turkish. "I'm published in Turkish. Why? Because I have an assertive translator in Turkey," said Espada, explaining the realities

of the publishing world of poetry. "Translators are the unsung heroes of poetry. They will sometimes fight to the death over one word."

When asked about truths in poems, Espada replied, "There's always poetic license, whether you realize it or not—it's a function of memory."

Espada had command over his works and the audience that night, and provided exemplary advice for young poets: "Because of the nature of my life I often write in transit," he told the room. "Poetry is not something that happens on Mount Olympus."

Be sure to attend this week's Literature Alive event, featuring writer and cartoonist Sarah Leavitt.

What: Literature Alive with Sarah Leavitt
Where: Douglas College, New West campus, Room 2203
When: Wednesday October 26 @ 12 p.m.
Cost: Free!

'Chick' this beer out, ladies!

A woman's beer in a male dominated market



By Tim Ryckman

In a world where you can get pretty much anything in hot pink, beer has stayed pretty well, uh, manly. However, this has changed due to the new pink-labelled brew to enter the male-dominated market. "Chick Beer" claims to be the new beer of choice made especially for you ladies, perfect for those of you out there watching your fine drinking figures, with only 97 calories and 3.5 carbs.

With women being the consumers of about 25 per cent of all beer in the industry, they might just hit a niche market. Out of approximately three billion cases of beer sold in the United States—not to mention Canada—that's about 750 million cases of beer being bought by women! And to top it off, with all current beer being brewed and marketed to appeal to men, this private brewery is the only competitor in its bracket.

Well, you can dress it up fancy with a stylized label in a nicely decorated purse-box, but it's what's on the inside that needs to please. Unfortunately, due to Chick Beer still selling on a

small scale (as of now, Chick Beer is still operating out of a small town in Maryland, but is working on spreading its light taste to every bar and liquor store that will buy it up), I have yet to test this feminine froth—but its claim to fame is that it's "a light beer without the taste of a light beer."

Despite the company's claims, those who have sampled Chick Beer are saying it still tastes a lot like a light beer, but as a light beer it seems to have already become popular with many of the women who've had the chance to pop the top off this one. Many guys are all still saying they prefer a heavier beer and such, but between you and me, I think the "it's too pink to drink" attitude is what's holding them back—either that or the fact that the case is designed to resemble a purse and walking into any hockey game carrying a six pack could be likened too walking into a biker bar wearing a tutu. But that's Chick Beer's intent, to create something that women can proudly drink as the men shy away. I will definitely drink to that, but make sure you peel off that pink label.

Getting nailed: A guide to nail polish

By Allie Davison, Staff Writer

One of my guilty pleasures is nail polish. I love shopping for it, I love wearing it, and I even love writing about it (see my poem: "A Cabinet of Colour's"). I could probably peruse aisles of nail products for hours—in fact, I actually have! The people at London Drugs have accused me of stealing because I hang around the delightful displays too much. But no, my intentions were innocent. I was simply searching for that one perfect shade.

My newest nail polish obsession: The Muppets. OPI, one of the largest nail polish distributors in North America, has added The Muppets to their long list of celebrity-endorsed nail colour lines. Following the likes of Katy Perry, Justin Bieber, and Serena Williams, The Muppets are gracing the nails of girls across the country. I can't wait to get my hands on shades like *Divine Swine*, *Warm & Fozzie*, or *Gone Gonzo*.

More often than not, I pick the colour for my nails based specifically on the name. When I'm feeling down, nothing cheers me up more than a few coats of *Cha-Ching Cherry*. In my defense, with names like *Huston*, *We Have A Purple* and *Suzi Sells Sushi By The Seashore*, how can I resist? With whimsical names like that, my only problem is picking one.

Sadly, my budget does not always have room for the high-end nail polish

(OPI generally ranges from \$8.99–\$13.99) and I am left getting my nail polish fix on the cheaper alternative—which turns out to not always be so bad. After seeing Kat Dennings' metallic bright blue polish on her new show, *2 Broke Girls*, I knew I had to find that colour. And apparently I wasn't the only one. In an article on one of my favorite blogs (www.hellogiggles.com), they spilled the beans on that secret shade: none other than Wet n' Wild's *Teal or no Teal*. There are two great things about Wet n' Wild nail polish: its colours are super vibrant, and it only costs about \$2.99 (or less!) a bottle. I love it. Although the lasting power may not be as long as OPI, at that price I can redo my nails as much as needed.

Nail polish is replacing lipstick in the eyes (and hands) of women everywhere; where once the perfect shade of colour for your lips was a necessity, now it's the perfect manicure. Nail polish and all its delightful colours are taking over, and I plan to ride the wave of *Melon of Troy* and *Malaga Wine* all the way to the check out.

A Cabinet of Colours

There's *Big Daddy Orange*, or maybe some *Tangerine*, and with a splash of *Tequila Sunrise*: that just *Blue my Mind*.



Double the trouble: Halloween costume ideas for twins

By Kyle Wallis

After coming up with a brilliant costume idea for my friend's Halloween party, my plans were swept out from under my feet. I was going to go as the shufflin' robot from the LMFAO music video (you know the one, "Every day I'm shufflin'"). Instead, my Halloween costume was hijacked as a makeshift birthday present for my brother's girlfriend. I am now going as Tweedledee from *Alice in Wonderland*. I guess I shouldn't be mad. Yes, my thunder was stolen; however, I will not go off in a huff about this. Instead, I thought to myself, "what other great twin-themed Halloween costumes have I seen in the past?" and came up with a pretty comprehensive list.

The great thing about tag teaming a Halloween costume is that they're not as tricky to pull off as they may seem. Many sets of costumes can be successfully rocked by people of different genders, ages, heights, and so on. You certainly don't have to be a twin to indulge in some of this lookalike buffoonery. So without further adieu, here's my list of twin-themed Halloween costumes. Maybe take one of these ideas for yourself so you and your party rocking accomplice can be "t'winning" this Halloween.

Thing 1 and Thing 2 from *The Cat in the Hat*. This is a classic matchup. It's good for all ages and genders. All you need are matching bright-red spandex one-piece suits, white paper circles that say "Thing 1" or "Thing 2," some tape, and frizzy blue wigs. Throw on some white face paint for extra points. Like I said, these costumes are good for all ages. Everyone from infants to adults can wear them. Just make sure the one-piece is the appropriate size in the groin. Thing 3 isn't invited to your office party.

Mi and Fook Yu from *Austin Powers in Goldmember*. This one's a little more risqué. You probably don't want your daughter out in this when someone asks her what she's dressed as. What you need for these costumes: short blue skirts (patterned is probably best), blue pullovers, white collared shirts, knee-high white boots, dress ties (Union Jack patterned would be perfect), and mini backpacks. The most complicated part of these costumes would have to be the backpacks: they've got to be labelled "Fook Mi" or "Fook Yu," and preferably have big caricatures plastered on them. Honestly, I have never seen anybody sporting these costumes, but if I ever do, those people are getting a serious high-five. **This costume is usually best sported by girls, but who am I to judge?*

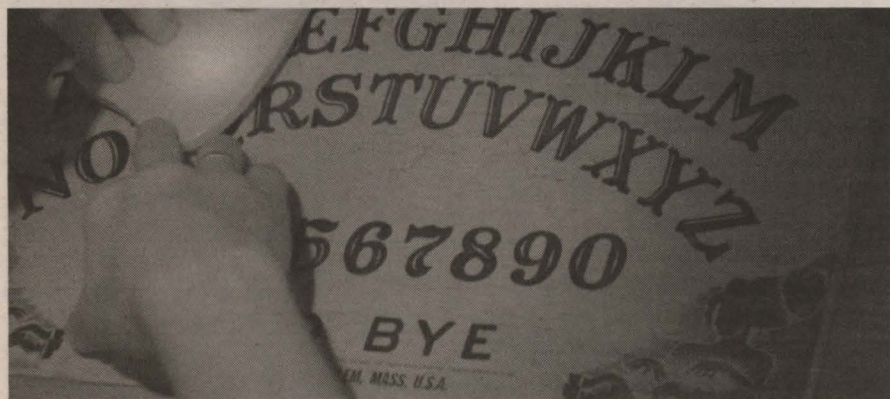


The Twins from *The Matrix Reloaded*. These have got to be the most badass twins in showbiz, though I'm not sure if it's because they can both teleport, or because they have dreadlocks that match the color of their leather jackets. These costumes require white trench coats (leather is best), white two-piece suits, white ties, and white shoes. Oh, and thin black sunglasses. If you can find wigs that are made in to dreads, that's perfect. Or, alternatively, you can grow real dreads. I love commitment in a Halloween costume.

Tweedledee and Tweedledum from *Alice in Wonderland*. Maybe I'm being a bit opportunistic here, but these are great, straightforward costumes. Materials needed: red trousers or shorts, yellow shirts, blue bowties, and propeller beanies. One major requirement is that the trousers must be pulled up to almost nipple-height. Suspenders can be added for extra effect. It's a simple as it gets!

Too old to trick-or-treat, too young to club crawl;

Have some Halloween fun



By Stephanie Trembath,
Life & Style Editor

During their first year at Douglas College, many students fall into an area of being too old to engage in trick-or-treating, and being too young to club crawl. For some, high school Halloweens consisted of costume-filled party buses where underage teens smuggled their parents' beer cans and hard liquor (who am I kidding: most parents boot for their kids nowadays), but not me. I continued trick-or-treating until I was at least sixteen, but not everyone is five-foot-two and proudly sports a retainer, so I consider myself lucky. If you are one of those unfortunate few who finds themselves too young to club

crawl with the rest of your peers this year, and are lacking in costumes that make you look young enough to fit in with trick-or-treaters, there are tons of fun Halloween events going on that don't involve consuming booze-infused beverages and a BC ID.

Two activities to enjoy in Vancouver are the **Stanley Park Halloween Ghost Train and Fright Nights**. Much like the Christmas train, the Ghost Train is open from October 7 to 31, and for only \$9.82 you can enjoy the *Circus of Disaster* theme the train is displaying and enjoy an evening being scared outside with your friends. For **Fright Nights**, Playland creates an epic Halloween adventure that involves haunted houses and terrifying rides—good for those who have more money

to spend (as admission is \$40).

If you don't feel like travelling outside your cozy home (really who would want to when there are goblins and ghouls wandering outside?) why not invite them into your house with an **Ouija board**. Walmart, Zellers, and Toys 'R' Us sell Ouija boards for varying prices. If you're scared of spooky spirits and prefer the lights turned on, have a **jack-o'-lantern carving party** and use your pumpkin discards to **bake a pumpkin pie from scratch!** To make your own pumpkin pie (which you can devour with your

friends immediately afterwards), you will need to save all the pumpkin pulp you scrape out of the pumpkin. Bake the pulp into your pie, roast the seeds to snack later on, and showcase your jack-o'-lantern for all to see on October 31.

There you have it: I hope I have provided enough means of entertaining so that everyone finds themselves busy enough this Halloween so they don't result to nasty tricks—smashing pumpkins and wreaking havoc only ruins the time for little kids, so if you do get bored opt to go try for treats instead of the tricks!

Crystal Nails

www.crystalnails.ca

(604) 521-1435

Columbia Square Plaza
Suite 101-78 10th Street
New Westminster, BC

15% off with student ID

Not valid with any other offers. With this ad and by appointment only.

*Offer expires November 8



By Stephanie Trembath,
Life & Style Editor

Midterms occur at the perfect time during fall semester; around the same time that bite-sized chocolate treats are sold en masse in preparation for Halloween. Increased levels of glucose in the bloodstream make it easier to pull all-nighters while studying or essay writing, as the increase in sugar gives the mind a short burst of energy. Likewise, when consuming foods high in glucose, serotonin (which acts as the feel good hormone produced in the body) is released. This dangerous combo of energy and happiness is a great study snack—but detrimental to your body.

I am a victim of midterm munchies each year; however, during springtime studying I often snack on crackers and hummus, while fall finds me knee deep in an assortment of colourful candy wrappers with sticky fingers and a sugared tongue. A pack of fifty chocolate bars lasted exactly three days in my apartment last week. Reese's Pieces are my weakness, and after artfully selecting my favourite bars from best to last, I was horrified to discover I had consumed the entire box as my breakfast-lunch-dinner for an entire weekend. My excuse: I have no time to cook as I am prepping for midterm exams and presentations. The truth: I can't keep chocolate in my house unless my boyfriend hides it on me, in which case I tear the place apart.

Rather than feel guilty about your midterm madness munchies fix, it's better to succumb to these chocolate dipped desires than fight them off as it may cost you the difference in a

grade. To burn off those extra calories you're bound to consume over the next couple of weeks while prepping for exams (or merely indulging yourself as you celebrate success on midterms),

"Outside or inside, going for a run is the best cardio exercise you can get. Research shows that a twenty-minute run three times a week is all it takes to increase your metabolism, strengthen your heart and improve your fitness level."

running is the best way to improve your fitness level and get a workout in. It will also help to stretch and strengthen your legs and back, which have probably been bent and hunched over a computer for the last few weeks.

Outside or inside, going for a run is the best cardio exercise you can get. Research shows that a twenty-minute run three times a week is all it takes to increase your metabolism, strengthen your heart and improve your fitness level. The climate in Vancouver is perfect for running outdoors as it is temperate and moist, and the Douglas College New Westminster campus has a gym with treadmills that you can adjust to your own speed and incline. While weight training exercises target specific muscle areas that function mainly to improve muscle tone and increase your metabolism, running works to burn glucose energy that is later stored as fat.

There are two ways to dig into your fat stores while running; the first way is to go for a long, slow run one or two times a week and continuously increase your endurance. The definition of a long run will depend on your physical ability and your overall goal; my advice for someone who has never tried to run for a longer period of time before is the "one on, two off" rule. This rule combines running for one

minute and walking for two minutes for at least half an hour a couple of times a week. As you improve your endurance, you will slowly progress to "two on, one off" and eventually stop walking

all together.

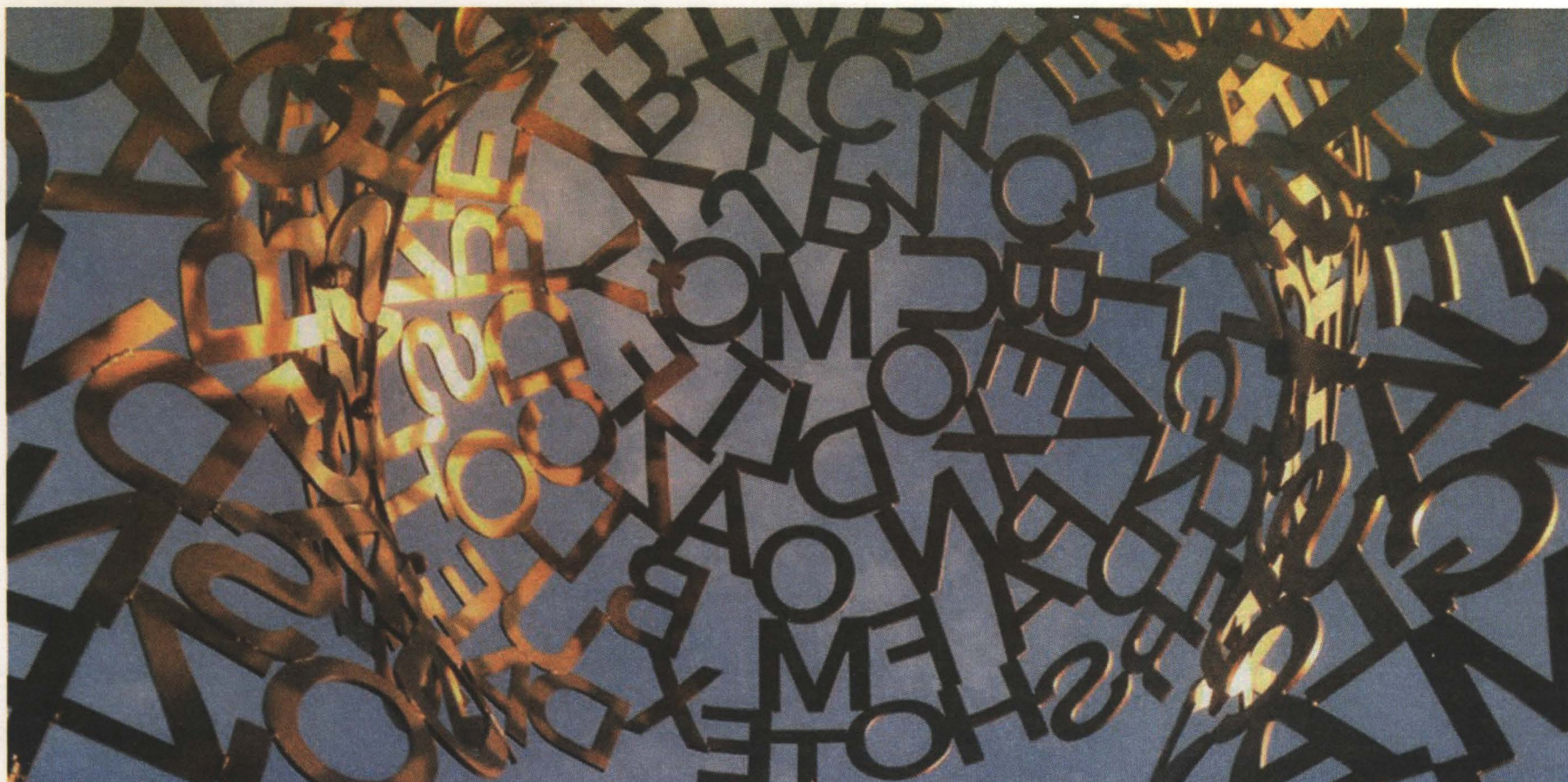
If you have back or neck pain, or are unable to run for any reason, try this same method on an elliptical machine. Elliptical machines are easier on the joints because your foot never leaves the pedal. While running is the best way to burn off extra calories and lose weight, it is one of the hardest forms of exercise on the body as the repetitive impact of pavement slowly wears on your knee joints and spine, which may cause injury to your back, legs, and bottoms of your feet. Wearing proper footwear is one way to lessen the impact on your frame, and stretching before and afterward to decrease lactic acid buildup will help to lessen wear and tear on joints.

Going for a long run, whatever your starting distance may be, helps muscles develop the ability to store glycogen, which aids in delaying the onset of fatigue while you're working out. In short, glycogen gives you more energy. It also enhances the muscles ability to take oxygen from the blood which will help to improve your daily energy levels too. Really what I am saying here: running will decrease your energy levels temporarily, but works to give you more energy over a longer period of time as it improves your cardiovascular system.

Running for longer periods of time also assists in weight loss—especially once you begin increasing your speed and/or distance levels. As long as you stay within 70 per cent of your maximum heart rate, your body will use up its existing fat stores instead of the glucose in your blood for its primary energy source. To figure out what 70 per cent of your maximum heart rate is use this simple formula: **70% of (220 - your age)**. For example, if a person is twenty years old, the equation will look like this: $220 - 20 = 200$, then $70\% \text{ of } 200 = 140$. This final number represents the total amount of heartbeats per minute (bpm) that your body needs to stay within your target burning zone. If you are around that number, you are burning your fat stores and working to lose weight. If you are too much over the target number, you are merely burning off glucose stores in the blood.

The best time to check your heart rate is in the middle of your run, so make sure to pause and check your pulse at the halfway point. If you don't want to stand for an entire minute (and lose your momentum) take your pulse for only 15 seconds and multiply your final number by four. If you cannot do quick math on the spot, simply stop and check your pulse for 15 seconds and remember that number for later. Then when you get home, multiply your number by four and see whether or not you were in your target burning zone.

Check out the Life & Style section for next week's workout on how to spice up your run with interval training, and how to increase your resting metabolism to get fit while sitting still (and eating all those chocolate treats). Happy Halloween!



Poets, panellists and politics

Poets converge for Vancouver 125 Poetry Conference

By Dylan Hackett

Planes of poets landed in Van City last week to share their souls in written and spoken word at the Vancouver 125 Poetry Conference. Their discussion of careers in poetry was set to the rhythm of our city's inconsistent shuffling between cloud-speckled blue skies and stifling grey storm clouds delivering less-than-pleasant late October drizzle. Whether or not it was clear enough to see the North Shore from conference room windows was irrelevant on the four days of October 19-22, as the focus was on the many published notables visiting to commemorate the 125th anniversary of our often-puddled rainy city.

Organized by Vancouver Poet Laureate, Brad Cran, as his final act before the next Poet Laureate's three-year term begins, the event was funded largely by the City of Vancouver and the federal government's Cultural Capital of Canada fund. The Conference was a chance for the community to enjoy some of the most-renowned poets within literature communities and to see the poets interact with each other in banter and through the political discourse running through heated conversations. Some topics provoked disagreements providing spontaneous, honest entertainment for both panellists and audience alike—a kind of feeling which you don't get from reading a poem in the comfort of your bed sheets.

The Conference's events were arranged so you could see most poets

of your choice either taking the role of reader or moderator. The first day's readings took place at the Segal Graduate School of Business building (not a comfortable spot for poets, really), and were set one at a time as so there were no overlaps and each event could be attended. The fifth panel of the first day included the next Poet Laureate, Evelyn Lau, who was officially titled at the final ceremony which featured Coast Salish musicians and Vancouver Mayor Gregor Robertson.

The second and third days took place down the road at SFU's Harbour Centre campus and ran two different panels presenting simultaneously at each of the two rooms. Deciding which to choose was almost as difficult as clapping instead of snapping after a reading of a poem (a tradition that seemed absent at V125PC). The first of day three's keynote speakers, Martín Espada, was especially passionate in his reading employing liberal use of hand gestures (Espada also visited Douglas College this week for a small reading at the New Westminster campus, see page 8).

The diversity of the crowd grew over the time of the convention. On the first two days, the convention halls were largely occupied by what seemed to be the inner poet's circle. On the final day, there was a middle-aged working-class man in a sleeveless Umbro shirt and track pants—a standout sight in a sharp room of flannel and corduroy. When he went up to talk to the poets on panel, Shane

Rhodes, Jeramy Dodds, Suzanne Buffam, and Warren Heiti, he spoke rather courtly, name-dropping poets such as Sylvia Plath and Jean Cocteau and expressing acute awareness of the poetry of both now and yesteryears.

Many residents of the Downtown Eastside were also invited to the conference, and were a bright part of the audience. Their inclusion was essential in counteracting the kind of concerns held by one man that "the community in this room is like an artistic gated community." Brad Cran's work with his partner, poet Gillian Jerome, on their book *Hope in Shadows: Stories and Photographs of Vancouver's Downtown Eastside* reflects his concerns with the treatment of the city's too-often forgotten residents. The book has raised over \$50,000 for people of the Downtown Eastside.

Many of the poets who spoke were from the far east of our continent, including Canadian notable and one of the three keynote speakers, Don McKay, who is a member of the Order of Canada. He digressed quite a bit with interesting tidbits of geological anomalies (he needed to explain the metaphors for his poem involving Snowball Earth theory) and used his anecdotes and explorations from his bird-watching hobby to write what he brands as "nature poetry in a time of ecological crisis."

Environmental issues were a hot topic amongst the panellists, especially on the fourth evening when poet Jen Currin gave a well-needed bollocking

to the namesake of the building the final day was held in: SFU Goldcorp Centre for the Arts. Her derision of the Goldcorp's flagellant disregard for the slave-miners they "employ" in South America and further disregard for the environment was met with chorus of applause.

The political turn of discussion didn't seem to settle well with poet Sachiko Murakami, who expressed discomfort with the final panel's political heat and her dislike of her fellow panellists' mocking of the surrounding "Vancouver: 125 years" banners which represented, for many "125 years of colonial occupation." One audience member described them as "complicity guilt on banners." Poet Ken Babstock sharply replied to her discomfort with the quip, "if you haven't already thought about late-Western capitalism you're probably in a coma" and, "Canada's extraction is the worst for human rights abuses." Strong political convictions from the audience coloured the evening, with one man lauding Brad Cran's strong anti-Olympic views which gave him much attention during the 2010 games.

Witnessing poets in conversation was unlike any other thing I had experienced. The boundlessness of their sly humour and witty willingness to self-deprecate with steady-handed vocabulary has led me to believe that all poets may be good conversationalists.

Poet Stephen Collis spoke words which stuck to me. "If this were a dentist convention would we have this same conversation?"

Gillian Jerome, who read and moderated panels at the Vancouver 125 Poetry Conference, is a poet and instructor of Creative Writing at Douglas College. We asked her about her work and her poetic life in Vancouver.

How have the places you've lived in shaped your work in poetry?

I'm from a French-Canadian farming town called Orleans, which is east of Ottawa. I've written about that place in *Red Nest*, I wrote a longer poem called "Evolution." I just read a poem today called "The Far Away" in which I'm writing about the fields of Ontario; the fields of wildflowers and weeds that you see everywhere when you drive along the Ontario highway. As a kid we lived on a ravine and I played in fields all the time. I kind of forgot that when I came here, I'm definitely a person who moves place to place, and I try to absorb the place I'm in and when my dad got really sick in April I thought a lot more about that place and when I went back it was great to revisit it and remember how important that landscape is to me.

Here in Vancouver I've very much been influenced by the neighbourhood of East Vancouver. Emily Dickinson said, "the world is my circumference" and wherever I am I try to take in that world of East Vancouver like Commercial Drive and Trout Lake. Trout Lake was a huge setting for a sequence in my book, *Red Nest*, called "Neighbourhood." There's rusted cars, ducks, and a few syringes... but Trout Lake is a beautiful oasis of nature in the city. I don't want to make a distinction between culture and nature, it's simply that most of the beautiful areas have been raised down so humans can inhabit and build houses and we're left looking at trees.

Have you seen your Poetry in Transit?

Yeah, I was actually on a bus in Coquitlam and I saw my poem and thought, "holy shit!" It was very odd and quite lovely experience to just look up and say, "there it is." It's an excerpt from *Red*. It's a real compliment.

Have you learned things from instructing at Douglas?

I'm always learning things from teaching. I'm always learning about people's vulnerabilities. Even at this conference you have these poets who are really famous, well, in the world of poetry they're relatively famous and successful. I watch them go up to read as a moderator and I was able to see the flush on their faces and their hands go white. Even the most accomplished people doubt themselves and are nervous. I always, always try to be conscious of the tremendous bravery it takes to put your work out there for other people to talk about, and I always try to find a nice balance

between giving people constructive feedback that will help them but I'm always conscious not to wound people because every writing teacher who is any good at all wants people to keep writing. I want to bring more poets in. If a student wants to read more poetry then that's fantastic. That's everything, even if they don't write it. So I guess I'm learning to be a good teacher, to bring people in and make them feel like they can create things and translate their world through art.

When did you first start writing poetry?

When I was a kid, because I spent so much time out in the trees and the ravine and maybe because of my temperament I like spending time alone. My dad and my mom had books around the house everywhere. My dad would read poems to me and stories. He was a real storyteller and would even make up stories or tell fairy tales from memory. He had this great voice, "fee-fi-fo-fum I smell the blood of the Englishman." I can still hear that in me, from *Jack and the Beanstalk* and he was an English teacher so it was my world. I don't know when exactly I started writing poems but I do have a poem that was published in my school yearbook in grade five and it's called "The Sea Queen" about mermaids. It's terrible... but I was ten!

Do you prefer hearing poetry aloud or having it alone, on your desk and exploring it that way?

I like hearing it aloud. A huge part of teaching for me is letting students

hear poems aloud because it's such an intimacy to hear the voice, the whole human voice coming from the human body. It's the oldest tradition we have but we're contemporary poets. We no longer live in an oral culture, well at least as a white, western person, I don't live in that culture. We're limited by the page so I do work on the page and go back to my writing. Sometimes solitary, but I'm trying to bring more social elements into my text. I'm doing a lot of sound recordings of my house and my kids and I record what's happening inside a bus, and lineups. So if you see me on a bus, be careful what you say!

What's your favourite season to write in?

The American poet Lucie Brock-Broido talks in an interview about how she takes everything in all spring and summer and writes in the fall. I can relate to that because partly because part of the weather here, rain, makes me more introspective and I find fall really generative. I find it hard to write in the summer though I'm trying more as I'm paying attention to funny poets and more social poets I try to take in more stuff in the summer when it's really bright and everyone's like, "Woo-hoo! Want to go to the beach and drink margaritas?" The seasons affect me, no question. You can even tell in *Red Nest*, there's a poem called "Mid-summer," and there's another one called "Mid-winter".

When, or where, do you prefer to write?

I have two kids so I've written through two early childhoods and when

they were babies it was easier to write when they were asleep and babies sleep a lot so that was really great. Because I'm a mom, and often sleep deprived I would sometimes get up in the middle of the night and write. Now, I struggle to write really consistently so I do when I can. I go away sometimes to be able to write. More and more I'm trying write outside and I'm trying to adapt my compositional practice to being outside and listening to things and watching things out on the street.

Who do you imagine reading your poetry?

Well, this question has come up at some of the panels and some people say they don't have a reader in mind but I do! I'm not sure I have a person I'm thinking about but sometimes I'm writing a poem for a friend, a poem of direct address or for a family member. I always want to affect a reader. I'm always thinking about, "will someone be able to enter this?" I guess there's a big leap of faith you make as a writer, about a reader. You hope someone is going to read it and someone will be moved by it and you know that some people think it sucks and you have the courage and tenacity, plod on and keep writing.

Who do you first show your poems to?

With Brad [Cran], my partner. My friend, Elizabeth Bachinsky, who also teaches at Douglas, and Suzanne Buffam, she's a wonderful poet and I'm so grateful for her.

This interview has been condensed and edited.



Gillian Jerome

Pub night provides the perfect pre-game for Halloween weekend

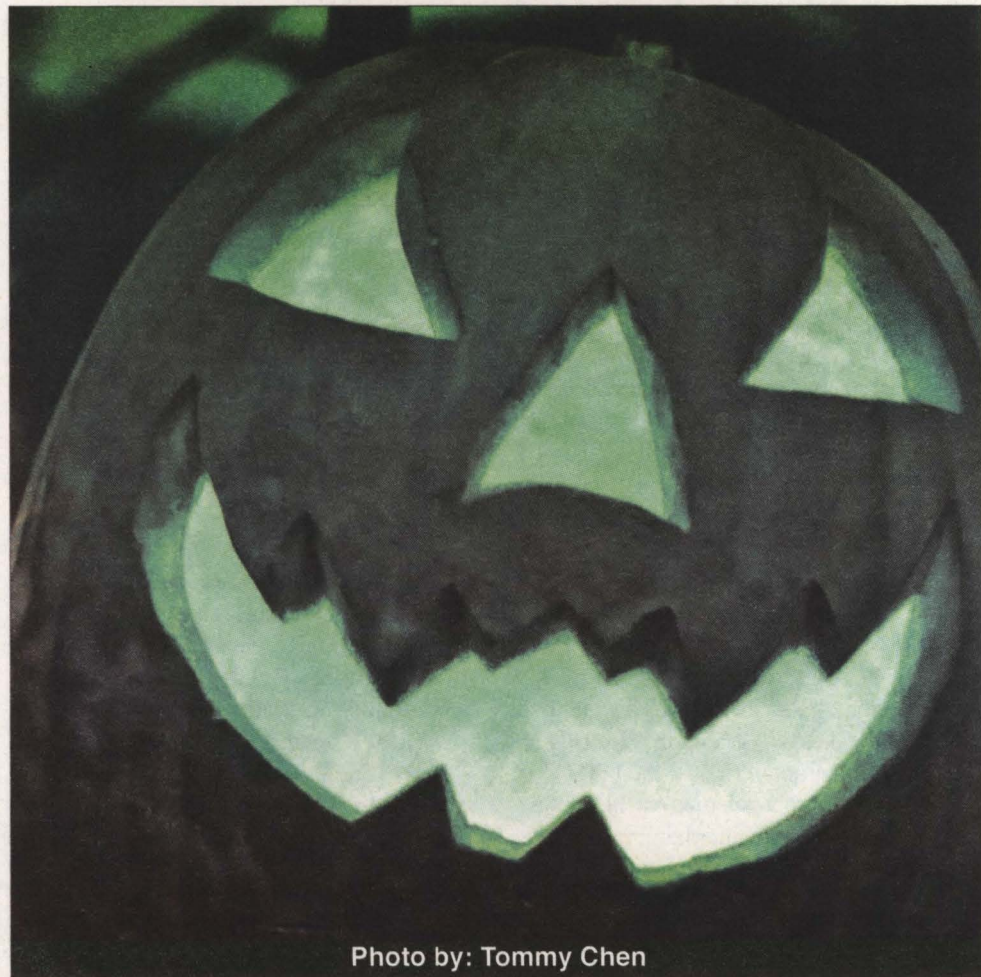


Photo by: Tommy Chen

By Jacey Gibb, Opinions Editor

I'm sure that Halloween falling on a Monday this year has a few folks fuming over lost party potential. Sure, you still have the weekend before Halloween to get your spook on, but it's not the same. Would it make you guys feel any better if I told you that the DSU is hosting a Halloween pub night? It would? Well in that case, set your DVRs for *Parks and Recreation* and throw on your best ghost costume/bed sheet, because the DSU is having a Halloween pub night on October 27!

Since Douglas doesn't have any sort of student residence or dorms, you usually have to trek all the way over to SFU or UBC to get your frat party fix. Pub nights at the DSU seem to be our campus' way of fixing that.

Because the name "pub night" is rather vague, you might be wondering what the heck that term even means. Well, for Douglas pub nights, the DSU sets up their second floor lounge with some groovy

music and arms itself with a modest arsenal of alcohol (Kokanee, Molson, Budweiser, Labatt Blue, and Palm Bays) sold at equally modest prices.

"But I hate everyone at Douglas College! I don't want to have to socialize with them on my *spare* time too!" Thankfully the DSU has thought of antisocial peaches like yourself and will permit each student to bring one non-student guest. It might even be in your best interest to bring a plus one, since there will be awards for best costumes, with prizes ranging from gift cards to a brand new car! Well, more like free beer. But both are equally exciting, yes?

The pub night couldn't be planned at a better time either. It's happening around the same time people are wrapping up those malicious midterms and provides a perfect pre-game opportunity to see how your costume handles life outside of your sewing kit. Doors open at 8 p.m. and the evening goes until 1 a.m. See you spookers there!



RBC Royal Bank®

Mom! Coffeemaker crashed. Need caffeine for cramming. \$\$\$end help.



INTERAC® e-Transfer: Send & receive money. For anything, to anyone. NOW just \$1*.

Out of cash (or a coffee maker) on campus? Use an *Interac*® e-Transfer through RBC Royal Bank Online Banking® to transfer money person-to-person, online or using your mobile phone. **At a new price of only \$1* to send** – and never a fee to receive an *Interac*® e-Transfer – it's easy to focus on what's keeping you up at night... midterms.

Visit rbc.com/etransfer to learn more



Advice you can bank on™

Interested in getting involved in your school newspaper, *The Other Press*?

Have an idea, suggestion or constructive comment? Now's your chance to have your voice heard in an open forum!

COME TO THE OTHER PRESS' ANNUAL GENERAL MEETING!

NOV 5, 2011 AT 12:30 p.m.
LECTURE THEATRE 1606 (NW campus)

We will be...

- Discussing the state of the paper
- Electing a new board of directors
- Previewing the upcoming Canadian University Press National Conference
- And more!

Consumed by pop costumes

From undead to overdone

By Jacey Gibb, Opinions Editor

Creatively speaking, when it comes to your annual Halloween costumes, you're one of three types of people: someone who spent more time on their costume than they did on their last research paper, a procrastinator that spitballs ideas all year and throws something together at the last minute, or someone who treats their costume like a fast food order—wanting something that comes in a bag and is already good to go. I tend to fall in the middle category, and while I can safely look down at all the store-bought slutty bumblebees at the bar, the sight of an overachiever's costume is always enough to remind me of my shortcomings. *Except* when I've already seen five other people dressed as the same thing that same night. Borat, the Joker, the Old Spice Guy—all wonderful and original ideas that were more overdone than a marshmallow being roasted on the sun. Here's a little heads up on what will no doubt be some of the year's worst offenders.

Someone from *The Hangover Part II* – What's even more hilarious than milking the same concept and writing another movie based around the exact same jokes? Dressing up as someone from that same movie! While we probably won't have to wade through insane amounts of baby-carrying Alans

like we did a few years back, expect to see a spike in the number of Ed Helms imitators sporting the Mike Tyson facial tramp stamp.

One of the creatures from *Jersey Shore* – One of the most over-killed costumes from the last several years, this worldwide cultural phenomenon seems to have more vitality than a cockroach. Boy, do I love my generation!

Charlie Sheen – Everyone's favourite coked-out media train wreck! The majority of the population has already forgotten that the Charlie Sheen circus only happened this year, but a few will bravely attempt to reinvigorate the joke for one more magical night. Cause we all know there's nothing funnier than a gimmick that was overdone months ago.

Nicki Minaj – Wearing a lampshade and saying that you're Lady Gaga got older faster than a Tiger Woods sex scandal joke, so look for some people to attempt pulling off the same unusual dress tactics while placing a different label on it.

Captain America/Thor – This summer saw more superhero movies than a comic book nerd's Napster account, but the majority of them either failed to soar or don't have badass enough of a lead character. While neither *Captain*



America nor *Thor* excelled in regards to quality, the titular characters boast costumes that are simple enough to make and are actually wearable.

Amy Winehouse – Her distinct sense of style and affection for substance abuse makes her the perfect costume for the people looking to overdo their partying this Halloween season.

Zombie Amy Winehouse – What? Too soon? Well, the girl emceeing

the Dead on Film Zombie Short Film Competition at the Rio theatre last month didn't think so.

Stanley Cup Rioter – Even several months later, some people still get riled up (excuse the pun) about the Vancouver riots. But that certainly doesn't make dressing up as a drunk, pissed-off hockey fan any less appealing. Maybe someone can dress up as a VPD officer and taser them.

Perils of the porcelain: Wash your hands!

By Eric Wilkins, Staff Writer

I was taking advantage of Dougie's lovely washroom facilities last week, enjoying those precious few minutes of quiet contemplation whilst surrounded by the walls of the stall, when I heard something quite disturbing. It was almost normal but something was missing. What was wrong? There had been a shuffle of feet into the washroom, a clinking of a metal belt, an inevitable sigh of

the knowledge that not everyone uses the sinks in the washrooms, the world becomes a scary place. Suddenly the cordial handshake becomes a dubious gamble. Do I really want to meet John? What if I end up having a second-hand meeting with *John*. I'm quite certain that this is how those inane phobias are born. I think I'll start using those hand sanitizers even more frequently now.

It doesn't stop at handshakes either. That computer you typed on earlier today? Yup. The library book

"I don't understand those who avoid this simple public courtesy. Is it too much of a chore? In today's exercise-allergic, couch-lounging society, perhaps this is the reason closest to the truth. The sink is awfully far away—sometimes even thousands upon thousands upon thousands of... micromillimeters."

relief for several dozen seconds... more clinking...another shuffling of feet...and then a door closing. A door closing? I was left alone in the bathroom, mortified.

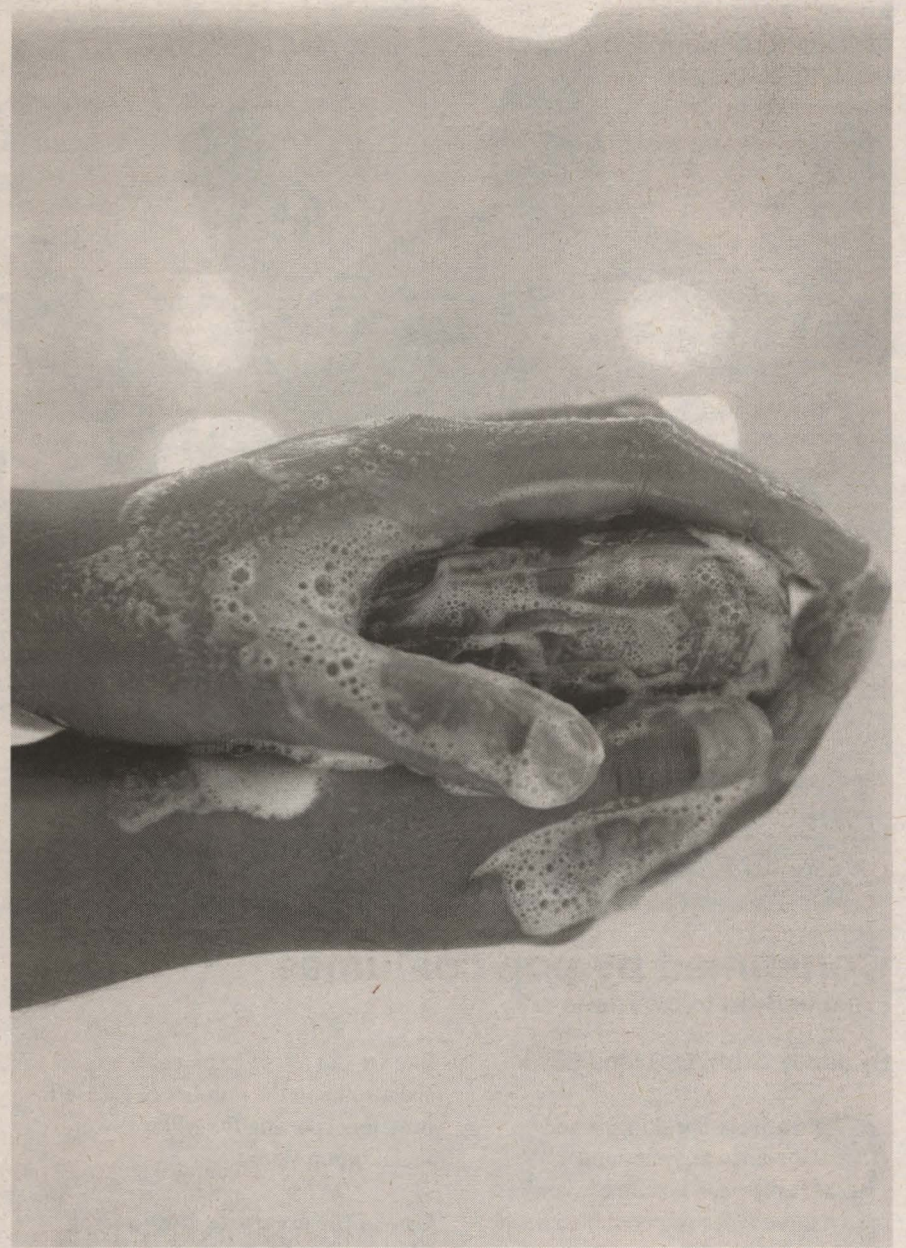
What is so hard about washing your hands? You walk over, turn on the tap, hit the soap dispenser, and wash. My nonexistent baby sister could do it! I don't understand those who avoid this simple public courtesy. Is it too much of a chore? In today's exercise-allergic, couch-lounging society, perhaps this is the reason closest to the truth. The sink is awfully far away—sometimes even thousands upon thousands upon thousands of... micromillimeters.

If it's not blatantly obvious to you yet, this behaviour disgusts me, and I hope it evokes a similar feeling in you. I shouldn't have to worry about meeting new people. However, with

you read during lunch? Probably. The drinking fountain button? Mhmm. Every conceivable object you can think of has most likely been handled by some bacteria ridden bum—meant figuratively, but it works either way. I could go on, but it would just turn into the old lecture on why you don't eat from the bowl of peanuts at a bar.

I've also noticed that while these people have no shame in walking away without washing their hands, they are embarrassed when confronted about it. I asked a fellow a while ago why he didn't wash his hands, and while he didn't answer, he still looked a little flushed.

So please, if you're a non-washer, wash. It takes no time at all and would really do wonders in keeping my piss of mind. Keep it clean, folks.



Excuse me smokers but, do you mind?

By Naomi Ambrose

I am often surrounded by smokers at TransLink's bus stations in the Lower Mainland. As a non-smoker and frequent commuter, this situation makes me angry for a number of reasons.

The most obvious reason would be that second-hand smoke harms even a non-smoker's health. According to HealthLink BC, "In the long term, people exposed to second-hand smoke have a greater risk of suffering from lung cancer, nasal sinus cancer, heart disease, stroke and breathing problems, including increased coughing,

wheezing, pneumonia, bronchitis, and asthma." So there you have it smokers! Your cigarette smoking can contribute to a non-smoker's bad health. And I surely don't want any more health problems!

If we're looking at it from a legal point, smokers are actually violating TransLink's no smoking policy too. For the benefit of the smokers who conveniently forget to read, or claim that they've never heard about TransLink's no smoking policy, allow me to fill you in: smoking is prohibited on all TransLink property. This means that smoking is not allowed inside the

bus shelters, SkyTrain platforms or on the curbside where passengers wait to board the buses. Perhaps the transit officers should impose stiffer penalties against violators to encourage people to follow the rules and regulations.

Smokers are also to blame for the disgusting amount of cigarette butts on the ground at the stations. According to cigarettelitter.org, "cigarette filters are made of cellulose acetate tow, not cotton, and they can take decades to degrade." There is already so much litter around that we now have to contend with cigarette butts. I can't even count the number of cigarette

butts that I see on the ground every day—and if I did have to count them, I probably won't get to class on time. If you come back to the station five years later, you might just get to see the remnants of the cigarette butt that you threw away at that same spot five years ago.

In case you are not already aware, the toxic fumes that you release into the atmosphere from your cigarette smoking also land on my clothes and hair. When I leave my home, I'm wearing my sweet smelling perfume. However, when I arrive at the station where the smokers are loose, I end up smelling like a chimney. Perhaps you think that your cigarette fumes have a better scent than my perfume, but I beg to differ.

And so I ask you smokers: try to remember that where you are waiting for the bus is in fact a public area. Please show some consideration for those who want to live a healthy life, those who suffer from respiratory illnesses, and those who care about the environment.



Occupy Vancouver

Will the long process answer the demands of protesters?

By Jake Louis

Right or wrong, vague or overly simple, crude or insightful—as it stands there may not be a succinct way of describing the motivations behind the Occupy Vancouver movement, which officially began on October 15. Ask a hundred people, “what is the goal of Occupy Vancouver?” and you’ll likely get a hundred different answers. That just might be what makes the Occupy movement so provocative, it demands change on any and all levels.

Edward Murray of *The Huffington Post* stated on the Occupy Vancouver website, when discussing the protest’s goals, “If the powers-that-be respond with absolutely nothing, then it is clear that they will never, ever be interested in effecting substantial change [of our financial system]...” Perhaps this is at the heart of the outrage felt by the protesters: if nothing is done now, nothing will ever

be done to stop the worldly decline we humans find ourselves in. Perhaps, amongst the fury felt towards the apparent greed of the “1%,” there is a simpler message: a war on apathy (to play upon popular slogans), an appeal to those who cannot help but feel as if something is wrong but not knowing what to do about it, by those who, simply put, thought it was time they did something.

“Perhaps, amongst the fury felt towards the apparent greed of the “1%,” there is a simpler message: a war on apathy (to play upon popular slogans), an appeal to those who cannot help but feel as if something is wrong but not knowing what to do about it, by those who, simply put, thought it was time they did something.”

The process by which the Occupy movement conducts itself may prove to be just as influential as the message it conveys. The movement has adopted a strategy of general assembly, through which decisions are made by consensus, twice daily. True to its message of a democratic approach to global issues, the Occupy movement strictly upholds its belief in a 90 per cent consensus and a full list of all currently consensus-approved practices can be found on

the Occupy Vancouver website: www.occupyvancouver.com

In the end, it appears as though the goals of Occupy Vancouver are radically simple; something has to change, it has to be fair, and it has to be long-lasting. Protesters are prepared to offer and discuss suggestions.

If you wonder if Occupy Vancouver be successful, the answer is unclear. Like so much about this movement, it depends on your definition. Depending

on how you define success, *The Huffington Post* claims that perhaps it has already proven itself successful. At the very least, the Occupy movement has become noticed and is challenging the practices currently in place. In the event that it is successful in reshaping global policy, then this generation will find itself in a new era of political interaction. Until a decision is made, the Occupy movement will continue to spread across cities wanting change.

The cons behind the protest

By Jacey Gibb, Opinions Editor

When I first heard about the Occupy Wall Street protests coming to Vancouver, I was ecstatic. It seemed like there was finally a political movement that I could not only relate to, but I could even participate in. Unfortunately the SkyTrain circuit was on the fritz the day of Occupy Vancouver’s shiny debut, and I missed the actual event. Still, I ate up every piece of media related to the protest and eagerly took in everything my friend who had been able to attend

had to say. The soonest I was able to get down to the Art Gallery was

the following evening, but when I finally arrived at the El Dorado of free speech, I was disappointed. There are a couple of problems associated with the Occupy Wall Street protests and I think now would be a great time to discuss them.

First off, though over 3,000 people attended on the first day, numbers had dwindled to about a hundred by the time I got there. I’m sorry, but I thought the event was called “Occupy Vancouver,” not “Occupy Vancouver for a Day and Then Go Home.”

The reasoning behind the protests has become too muddled with side-protests. According to my friend, Occupy Vancouver saw an incredibly diverse group of supporters show up, with causes ranging from the Iranian communist party to the legalization of unpasteurized milk. While he praised the presence of such variety, I disagreed—pointing out that too broad of a spectrum could only distract from the main issue at hand. The effects are obvious too, since only half of the people that I talk to about the Occupy Wall Street protests know what they

“My biggest pet peeve with the protests comes from what they are actually doing, which is technically nothing. Their presence is essentially all that is needed to make a protest successful, but I wish there was more action being taken, such as coming up with solutions for the government or putting pressure on having new bills passed.”

are actually protesting about.

The high volume of attendees on the first day of Occupy Vancouver could be an indicator that a large amount of the population is finally ready to see a change in the world, but I think this is highly unlikely. The event just happened to fall upon one of the six non-rainy days we see every fall season, and I doubt as many would have shown up if it meant getting their Uggs wet. It will be interesting to see how many people continue to live in the tent city now occupying the square behind

the Art Gallery when the weather *really* starts to turn grim. I remember reading somewhere that the plan was to continue the protest all the way to the end of the year, so we’ll see how that goes.

My biggest pet peeve with the protests comes from what they are actually doing, which is technically nothing. Their presence is essentially all that is needed to make a protest successful, but I wish there was more action being taken, such as coming up with solutions for the government or putting pressure on having new

bills passed. Just camping out downtown won’t bring change to the world cause if it

did, Vancouver’s homeless would be revolutionists.

I’m sure it’s coming across like I’m some pessimistic prick who got paid off by some corporation to help chisel away at the morale of the Occupy Vancouver protestors, but I can assure you that I speak on my own behalf. The protests have done a phenomenal job in raising awareness on what has clearly become a major issue, but the time has come to actually utilize the publicity in order to take further action.



Photo by: Abczzzzzz

Don't listen to Mark Zuckerberg: Anonymity and privacy still have their place

The centralization of all our personal data in the hands of a few powerful interests should worry us



By **Ishmael N. Daro** — The Sheaf
(University of Saskatchewan)

SASKATOON (CUP) — There was a time when most email addresses included references to princesses, sparkles or surfing. Perhaps you remember this time, when MSN Messenger was king and MySpace was still a pedophile's best friend. People's online identities are no longer divorced from their offline lives. It's likely that the email on your resume is something that identifies you by name — something that "surferpunk88@hotmail.com" never quite did.

The trend toward real identities online has undoubtedly been bolstered by Facebook. The social network insists on people using their real names and founder Mark Zuckerberg is a well-known foe of anonymity.

"The days of you having a different image for your work friends or co-workers and for the other people you know are probably coming to an end pretty quickly," he told David Kirkpatrick, author of *The Facebook Effect*. "Having two identities for yourself is an example of a lack of integrity."

Zuckerberg has financial and philosophical reasons for this position. Each tidbit of personal data we feed into Facebook allows him to sell ever more targeted advertising on the site — which has helped make the Harvard dropout one of the youngest billionaires in the world. But Zuckerberg also thinks anonymity leads to bad behaviour, letting people get away with things they would not otherwise say or do.

There's some logic to this. Think of any website that allows anonymous comments and the level of discourse found there. Trolls are, unfortunately, a part of the Internet, and making people stand behind their words with their real identities helps to cut down on the stupidity.

When the technology blog TechCrunch switched over to only allowing comments tied to Facebook accounts, two things happened. First, it led to much more intelligent discussion. Second, the number of comments dropped by about half.

Therein lies the crux of the matter. Making people put their names down may improve manners, but it can

also lead to less participation. Free speech can be messy and sometimes dangerous. You can't always say publicly what you feel privately, as dissidents in Iran and China sometimes find out the hard way. There needs to be room to anonymously march against injustice or, if need be, call someone a Nazi on a message board without every act coming back to haunt you.

Jeff Jarvis, author of *Public Parts*, writes that the two forces at play are identity and reputation: "Our identities are the first-person expressions of ourselves. Our reputations are others' third-person views of us. Thanks to our increasing publicness, the two are coming closer and sometimes into conflict."

People have a right to their secrets, as well as to the various parts of their personalities that they may share selectively with different people. It's not a sign of "a lack of integrity," as Zuckerberg suggests, but rather a sign of being human. If you truly act the same way around every person you know, you either don't know many people or you're insane.

The centralization of all our personal data in the hands of a few powerful interests should worry us. No amount of browsing history truly represents your full personality, but it can reveal many embarrassing things. Your health records, in the wrong hands, could paint a very warped image of you. Your text messages may show you hopelessly addicted to sexting. Your credit card company might think that all you do is watch Vietnamese porn.

Consider the \$1-billion security pact being worked out between Canada and the United States. The proposed deal could give American border agents a deep look into your personal information. They could then bar you from travelling into the U.S. for trivial reasons.

If everything we do gets tagged, uploaded and tweeted, we will lose our ability to make mistakes or keep our secrets. There is no need to be paranoid about this, but as information flows more freely in a wired world, we may soon find unwanted bits of ourselves swimming in the digital stream.

Off campus cuisine: Couzie's on Carnarvon

Couzie's is a goodie!

By Natalie Serafini

Does cafeteria food fail to cater to your taste buds? Not digging the Dougout? Then grab your finest bib and try to avoid drooling on the person next to you, because we're here to offer salvation for you students looking to humble your hunger, without having to wear out your shoes getting there.

Up the street and around the corner from all the hubbub that is Columbia sits a little cafe called Couzie's. It's a small restaurant attached to a car repair shop, which had me assuming that the food would be mechanical, but I'm happy to say that despite my initial apprehension, Couzie's is full of pleasant surprises.

There's graffiti on the outside, abstract art deco on the inside, and red-and-white walls plastered with Canucks posters. In other words, Couzie's offers a rather eclectic decor. A large chalkboard lists their food selections: All-Day Breakfasts, Panini, Burgers, and \$5 Poutine.

I decided to hit up Couzie's for lunch and had the Milano Panino (\$7.44) while my associate had the

Veggie Breakfast Wrap (\$5.57). The food was delicious and served hot. My friend made a note of the fact that her wrap didn't unwrap—definitely a plus if you want to avoid using five napkins in one sitting. We discussed sharing a slice of their pies (they offer lemon meringue and seasonal pies for \$3.99) but unfortunately they were all out. Instead, we went on to split two muffin tops (Seinfeld reference!): The Orange Cranberry and the Apple Oatmeal for \$1.67 each. The Orange Cranberry was very light with a subtle zest, while the Apple Oatmeal had a lot more substance to it. Both were equally fantastic!

As cool as Couzie's may be, there are still a few things standing in their way of greatness. Their hours are rather awkward, open weekdays from 8 a.m. to 2:30 p.m., weekends from 9 a.m. to 2:30 p.m., and closed on Mondays. They had also run out of a lot of their menu when we went—there was no pie, and the eggplant in my panino was replaced with avocado. This was probably just unfortunate timing on my part, and isn't a big deal unless you have your heart set on pie, but it was



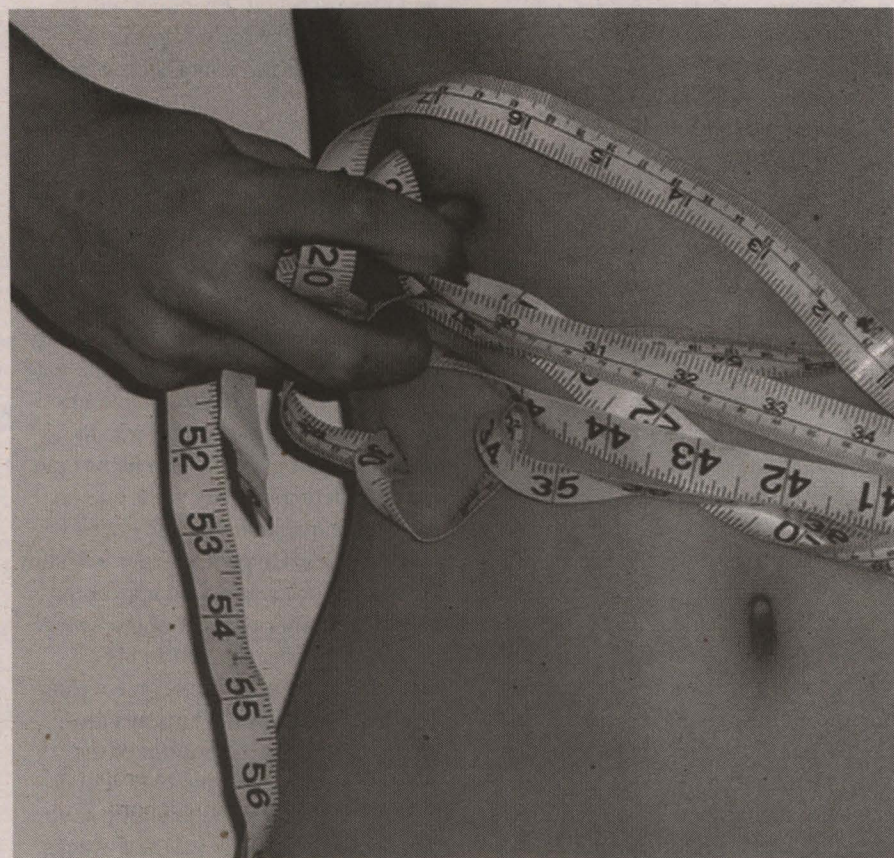
still a disappointment. The service was also a little slow, but our waiter was very friendly and the food more than made up for it.

All in all, Couzie's offers quality food for reasonable prices. Lunch there definitely fits into a student budget, with meals that can add up to less

than ten dollars. Even better, Couzie's remains somewhat secluded from the majority of the activity surrounding the New West SkyTrain station, so there weren't any insane lineups. It's a great place to go on a break between classes, or perhaps just to wait while your car is being repaired next door.

Eating disorders: more than a food problem

The mental illness of ED can push its victims to new extremes



By Tabitha McCarl — Interrobang (Fanshawe College)

LONDON, ON (CUP) — It's 5:30 a.m.; I can't get back to sleep. My body aches all over, even though I take as much Tylenol as I am safely allowed (if not twice as much, most days) just to get by. I tiptoe down the stairs to my basement, trying not to wake my still-sleeping family, and start my two-

three-hour run on my treadmill. I know that I should stop, especially since I'll be going for an hour (or longer) swim at the YMCA that evening, after I've completed my four-hour shift at work and my schoolwork. I have decided to treat myself and eat half a carton of strawberries for dinner. That is all that I will eat today besides water and the orange that my parents will monitor me eating after my morning shower. I will

cry three times for various reasons, or no reason at all.

My parents' eyes are full of worry every time I look into them, sometimes brimming with tears after our daily argument over what I eat.

This is what almost every single day of my life looked like three years ago. No, I wasn't trying to fit into a special dress. I was anorexic. I devoted almost a year-and-a-half of my life to making the number on my bathroom scale go down. After a few months of this mission, the devotion was no longer my choice.

Many people believe that those with eating disorders are taking vanity to new extremes. In reality, the eating disorder has pushed its victim to new extremes. People also believe the misconception that fad dieting is harmless, but if the circumstances are right, that two-month summer boot camp can turn into something that will change your life forever.

While their weight is the main focus of those with disordered thinking, countless other issues are present as well. Depression, self injury, self hate, obsessive compulsivity, perfectionism, thoughts of suicide, strained relationships at work and in school life; these issues (and many others) can all come wrapped in the same package as the eating disorder (ED). Some researchers say that malnutrition and stress cause such problems, while others say the ED is formed partly

because some of those issues are already present. Whatever the case, up to 80 per cent of those with eating disorders suffer from major depression, 25 per cent self-injure and almost 40 per cent attempt suicide.

There are many contributing factors related to the formation of an ED, but definite causes have never been established. Major life changes, like moving away from home for the first time, low self-esteem, a bad family life, personality disorders and cultural expectations are a few of the contributing factors for some people.

Most people suffering from EDs refuse treatment, not just because they fear weight gain, but because they fear losing control over their lives. Eating disorders have the highest mortality rate of any mental illness, which is why recovery is so crucial. Often, treatment and recovery aren't possible unless family and/or close loved ones are part of the process. Eating disorder support centres offer an array of resources and supports for those who know someone with an ED. It can be nearly impossible to persuade someone with the illness to receive treatment without proper knowledge of what the disorder really entails.

To read about what ED rehab programs are available for you or a loved one, visit www.canadadrugrehab.ca/Eating-Disorder-Treatment.html, which lists treatments by province.

Making headway on head shots

Experts debate how to properly remove concussions from youth hockey

By David Krause — The Manitoban (University of Manitoba)

WINNIPEG (CUP) — In January of last year, Sidney Crosby — the undeniable face of the NHL — was concussed during a hockey game, calling athlete safety in hockey into question.

Rising concerns about concussions among children playing in youth hockey leagues has led to some reforms being floated around — chiefly raising the checking age. Dr. Martin Bunge, a paediatric radiologist at the Children's Hospital in Winnipeg and Brian Foreman, a minor hockey coach for the Manitoba's Fort Garry Flyers, shared their expert opinions on the controversy.

Both Foreman and Dr. Bunge agree concussions seem to be rare in junior or minor hockey leagues.

"We don't see many children with concussions, but that does not say that concussions don't occur," said Dr. Bunge. "The junior hockey league mandates that children wear helmets during hockey to protect their heads. Having said that, small concussions can occur."

Foreman argues hitting will take place in hockey — it's the nature of the sport — so responsible player contact must be taught to minimize the potential for injury.

"You also have to teach them,

number one, how to hit responsibly and how to take a hit," Foreman emphasized. "I think it's the responsibility of coaches to teach [the players] at a younger age responsible ways to hit and more importantly how to take a hit and how not to put yourself in dangerous situations when you are in the game."

"[Checking] became a way to separate player from puck," Foreman continued. "It's also used strategically to change momentum in games ... perhaps to take the player mentally out of the game — and that's part of the game."

Foreman contends the quality of modern hockey equipment doesn't allow players to feel the hits and respond correctly.

"So you see sticks up, you see elbows up and again our job as a coach is to teach that properly and the techniques properly," he said. "And at the grassroots level that will eventually carry up to when these kids are in junior and beyond. They will have respect for players and the game, and also they know that the hits are coming and how to respond."

Dr. Bunge said a concussion is "a clinical diagnosis that is dependent on whether the child has loss of consciousness at the time and however long loss of consciousness occurs."

"The concussions are sometimes picked up radiographically on an MRI session," Dr. Bunge said "What we are

looking for are tiny bleeds in the brain at the junction of the grey and white matter. They occur in very specific portions of the brain, in the frontal and temporal lobes, and these are the areas of the brain which determine personality and cognitive functions."

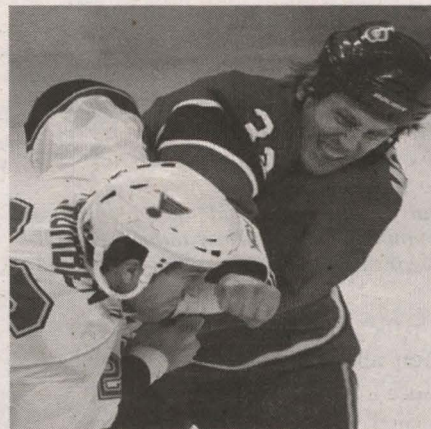
Concussions can have long-effects on the child's health, he added.

"The problems that occur may not manifest themselves immediately other than post-concussion syndrome, which presents the children with headaches and generally not feeling up to things," said Dr. Bunge. "Later on in life, however, children with post-concussion syndromes are more prone to degenerative diseases such as Alzheimer's."

Dr. Bunge states that there should be no checking or hitting in junior hockey as it is dangerous to the child and any risk should be avoided. He also commented that the age in which checking is introduced should be raised.

"I would recommend that they raise body checking to 15, 16 — if not older. I don't think it has any place in sport," he said.

Foreman disagreed with Dr. Bunge's stance on raising the age at which checking is permissible, stating that it can be done safely at any age, as long as it is properly taught. But that doesn't mean he is opposed to any changes.



"I really applaud the stance the NHL is taking on head shots, and hopefully that will filter down through the NHL and through the leagues," said Foreman. "You need all players to play hockey, and if we keep hitting and hurting each other inappropriately, you will run each other out of the game."

As an alternative to hitting in hockey, both Foreman and Dr. Bunge agree smaller children and teenagers, and those who don't want to be hit should play on no-contact teams so they can enjoy playing the game.

Hockey Canada has recently implemented rules and regulations that should help prevent concussions and properly treat them when they happen. New rules regarding head checking, hitting from behind, equipment fitting, and player/spectator conduct will be monitored and enforced during the 2011-12 female and minor hockey seasons.

Capping it off: A look at the Whitecaps' year



By Eric Wilkins, Staff Writer

The Vancouver Whitecaps rounded out their inaugural season with a win this past weekend, posting a 2-0 shutout over the Colorado Rapids. It was a win that offered a glimmer of hope for the future, a small block on which they can build upon for next year.

The 'Caps had a rough go of it this year, hitting more lows than a Barry White album, but the season was not a total loss. One bright spot was the emergence of Gershon Koffie as a stud in the middle of the park. The 19-year-old showed that he could do it all; he made tackles left, right, and centre; he stuck the ball in the back of the net; and he distributed the ball like a midfield

general. Definitely a player that the Whitecaps will have trouble holding onto. Also of note are Camilo and Hassli, who accounted for a whopping 65 per cent of the club's goals this season.

Unfortunately, the rest of the squad, in my humble opinion, is exceedingly mediocre. The defense, which was supposed to be the Whitecaps' strength this year, had more holes than swiss cheese, allowing an astounding 53 goals ("good" for third most in the league). Jay DeMerit, the original poster boy signing for the team, seemed to do little more than keep the other team onside, make haphazard challenges, and generally be a burden... when he managed to be healthy enough to take to the pitch, that is. Joe Cannon should retire. Jay Nolly should start. Enough said. Moving forward, the wingers showed themselves to have little to no imagination; their move of choice was often the "kick it down the wing and sprint after it"—it was like watching U8 soccer at times. The middle of the park was patrolled by the aforementioned Koffie and a generally irrelevant partner. Thorington and Vagenas had varying levels of success, but I often found them to make

agonizingly boneheaded decisions. Finishing up front, Sanvezzo and Hassli have had their fair share of goals, Long Tan has looked promising in recent weeks, and Omar Salgado has severely disappointed. I realize that he's only 18 years old, and that the 'Caps intention from the start of the season was to bring him along slowly, but he has put *nothing* on display. His work rate on the field is questionable. He doesn't make tackles. He panics under pressure. He has no touch. It would appear that he is yet another product of the "we're drafting you because you're big" mentality. I hope he proves me wrong.

The Vancouver Whitecaps are going to finish at the bottom of the Western Conference, but they will do so with the knowledge that they have finished strongly. The past few weeks have looked, if not *good*, then *better*, and with a little luck, the momentum will follow through into next year. "We're Blue! We're White! We're ***** dynamite!"

Note: As of the writing of this article, the Whitecaps have not yet played their final game of the season, but I hope they play well enough so that this piece still rings true.

The Race is On



By Josh Martin, Sports Editor

With a couple weeks into the regular season, a few teams have raced out of the starting gates at full speed—leaving the rest of the league in their dust. Here's a look at some of the teams in the NHL that have caught my attention as a pleasant surprise.

The Washington Capitals - I don't know if it was much of a surprise, but the Capitals have ripped through the starting gates and haven't looked back, going 6-0 in their first six games with 12 points and sitting on top as first in the Eastern Conference. A lot of that has to do with newly acquired goalie, Tomas Vokoun, who has played for mediocre and less-than-mediocre teams for the bulk of his career; the Nashville Predators and the Florida Panthers. He has been on fire between the pipes so far this season, winning all five games he's appeared in while posting an impressive .939 Save Percentage, a 1.95 Goals Against Average, and recording a shutout against his former team...the Panthers.

The 35-year-old goaltender is finally—for the first time in his career—playing for a team that is actually worth playing for. Last year

the 'Caps' finished first in the Eastern Conference with 107 points. Pretty good...and that was with Michal Neuvirth in net and Semyon Varlamov as backup. Who are those guys, you ask? No one really knows, so imagine how strong this team can become and how far they can go with a bona fide, legitimate number one goaltender in Tomas Vokoun. And with Alexander Ovechkin coming off a career-low 85 point year (that's still really good), look for him to rebound stronger than ever. The sky's the limit for this squad, as they are easily a Stanley Cup contender with all of the talent, depth, and experience in their lineup.

The Toronto Maple Leafs - Oh, the dreaded Maple Leafs. Whether you love em' or hate em'—the classic blue-crested Maple Leaf on the front of their jersey never seems to get old.

This team has been through quite a lot the past several years of its rebuilding stages ever since losing their Swedish captain Mats Sundin after the 2007-08 season—a true heartbreak for the whole city. But now, four years later, an optimistic fan might even say that perhaps this year will be the end of their rebuilding era. The Maple Leafs have started the year out strong with a 4-1-1 record and

nine points in their first six games.

Goaltender James Reimer has been playing well in the crease, winning four out of five games while posting a .913 SV% and a 2.55 GAA. Not bad for a 23-year-old kid. This guy seemed to have come out of nowhere last season, literally saving the Leafs from what seemed to be a terrible nightmare of a season and coming within eight points of making the playoffs. Last year the goaltender had a 20-10-5 record with an impressive .921 SV% and a 2.60 GAA., all in his first year in the NHL. And at such a young age, the future only looks bright for the city of Toronto.

However, the real story seems to be with front line right winger Phil Kessel. The 24-year-old is off to the best start of his career with seven goals and 12 points in his first six games—good for first in the league in both categories. He is on fire and playing with loads of confidence... setting guys up, scoring goals, and even coming back hard and playing defense—something that was never really a priority in the early years of his career.

Reimer and Kessel hold the success of this team; if they're playing well the Maple Leafs are playing

well. I wouldn't say that this team is necessarily a Stanley Cup contender or anything, but I would say that they have a legitimate shot at making the post-season this spring.

The Edmonton Oilers - Man, oh man, does this team have promise. Even though they probably won't make the playoffs this year and have started the year off with a shaky 2-2-2 record, they sure do have potential.

Ryan Nugent-Hopkins has been good and then some in his first six games in the NHL. The young 18-year-old, first overall draft pick this past summer has showed flashes of brilliance so far this season, scoring four goals and an assist, including his first career NHL hat trick against the Vancouver Canucks in just his third NHL game. Pretty good for a kid fresh out of high school. With linemates Taylor Hall and Jordan Eberle front running this young Oilers squad, it looks as though they could pull exactly what the Pittsburgh Penguins and the Washington Capitals did several years ago—going from the bottom to the top with the nucleus building out from the likes of superstars Sidney Crosby and Alex Ovechkin who are respectively the top two players in the game today.

Beer Pong; is it a sport?

By Josh Martin, Sports Editor

Every time you go to a house party, there are always three questions to be answered: how many people are going, is it BYOB, and—possibly the most important of the three—will there be beer pong?

Beer pong has become so popular over the past several decades that it is almost mandatory at every house party. You've probably have seen beer pong in movies like *Road Trip: Beer Pong* and *Beerfest*. On *Late Night with Jimmy Fallon*, host Jimmy Fallon has publicly played the game with celebrities like Betty White, Serena Williams, Anna Kournikova, Charlize Theron, and the one and only Jessica Alba.

How to play

To play beer pong, you must have beer, 12 or 20 cups (depending on what style you want to play), a long table (a ping pong table, preferably), ping pong balls, and some friends. This game can either be played one-on-one—otherwise known as singles—or two-on-two, which is always a fan favourite.

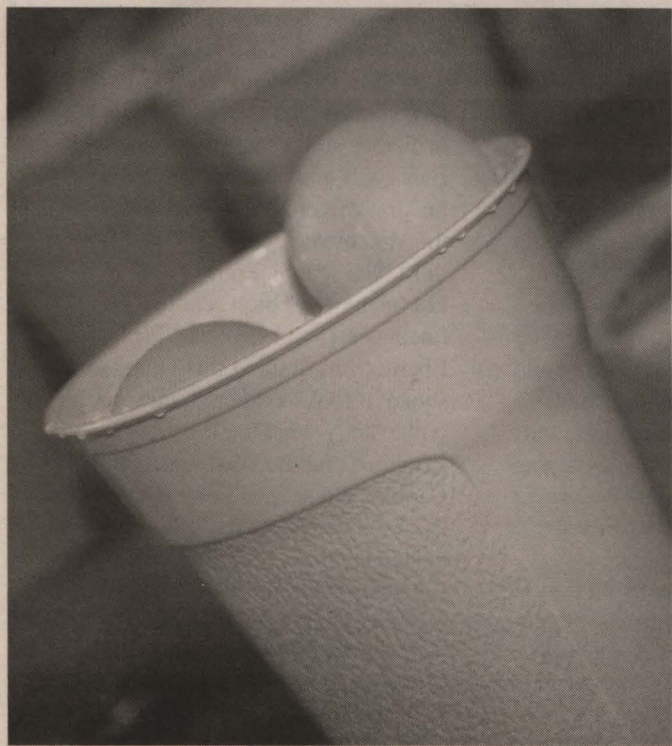
The object of beer pong is to sink the ping pong ball into your opponent's cups before they do the same to you each round. Every time a ball sinks a cup, the person who filled that cup with beer must drink the cup's beverage.

One classic rule that I insist on is the stare off at the beginning of the beer battle. For the stare off, each player throws their respective ping pong ball into the opposing team's cups while staring into each other's eyes—for the rights of the first throw in the game. It is suspenseful, intimidating, and invigorating all at the same time. Once there is a clear winner, the game begins.

So, it is a sport?

Beer pong is often related to other sports such as billiards and darts, and has recently become so popular in that The World Series of Beer Pong has been created, which is being held in Las Vegas at the Flamingo Hotel and Casino. Now going into its seventh year, the popular World Series event will be held this upcoming January 1–5. It includes four nights on the strip, hundreds of teams from the U.S. and Canada, 12 guaranteed games, and a grand total of a \$50,000 grand prize. And the best thing about it is that anyone can sign up! If you want to know more information about this event check out the website at www.bpong.com/wsobp.

A fun way to consume alcohol in a sporting manner of competitiveness, frustration, and glory. All of the emotions that come with the world of sports. It's a sport.



Redefining sport?

UBC Starcraft Club brings competitive gaming into the spotlight

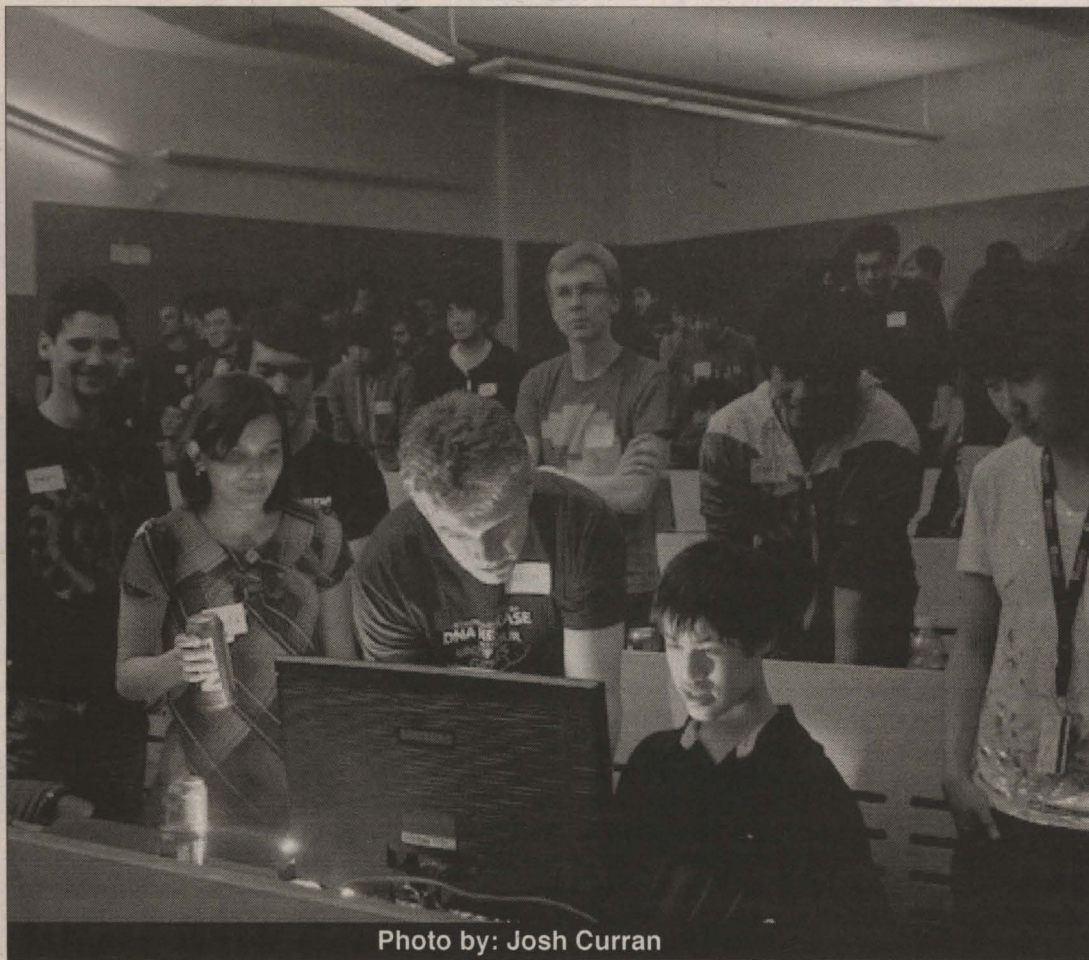


Photo by: Josh Curran

By Vinicius Cid — The Ubysey (University of British Columbia)

VANCOUVER (CUP) — Your command centre is being burnt to the ground, all of your miners are dead and to make matters worse, you only have one tank left to fend off an approaching Zerg horde. Your life is about to be control + alt + deleted.

Welcome to the UBC Starcraft Club.

Last November, a group of 20 gamers banded together with the aim of propagating e-sports throughout campus. Less than a year later, the Starcraft Club has more than 300 paid members, all united by their desire to mingle and have fun with like-minded gamers.

"Most of the time, people play online games by themselves or with a couple of friends," said James Choi, the club's president. "But we want to get everyone together and have fun as a whole."

It isn't just about gaming, however. The club has a goal of developing e-sports, which in essence is the game of playing video games.

It may be silly to think of sitting in front of a computer and jamming away at a keyboard as a form of sport, but that may be a matter of perception.

It takes work ethic and skill to play a game and triumph over opponents, just like it does in hockey or football.

"We call it mechanics," said Alek Hrycaiko, a fellow Starcraft Club member. "The way that you navigate through the game, you get used to the commands until it sinks with you and you become better at it."

With a mastery of the mechanics comes a mastery of the game. When two skilled players face off against one another, the intensity of the game becomes palpable. It is this aspect of Starcraft that makes it plausible to label competitive gaming as a form of sport.

"In order for e-sports to become a professional sport, it has to be a business. It needs to have an audience and people who pay the players to do their job," said Sarana Sopanpanichkul, another fellow Starcraft Club member. "You already have huge amounts of people who want to watch a game and sponsors who are putting up big money, so in that sense it's already a sport."

The perception of gaming as an e-sport is already concrete in South Korea. Top Starcraft 2 gamers receive the equivalent of thousands of dollars in sponsorship deals to participate in national tournaments, which receive the benefit of television broadcasts and are capable of selling out stadiums. E-sports are also experiencing an explosion of popularity in China that could soon reach the same levels of intensity.

"It's like our sports [in North America], teams are sponsored by companies like Pepsi, Samsung and LG," said Choi. "And games [are broadcast] on TV and people go out there to watch the finals."

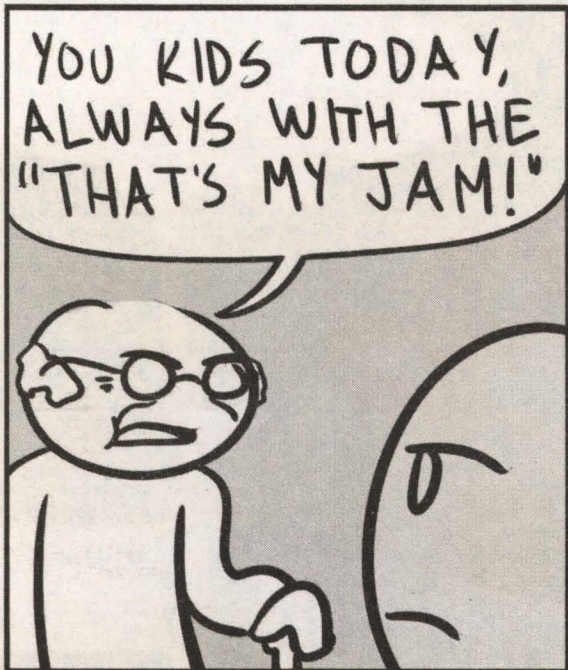
The hope is that the UBC Starcraft Club will do its part to contribute to the rise of e-sports in North America. While the members don't really see parents encouraging their children to play video games in the future, a more realistic expectation is that the ability to effectively command virtual troops in a strategy game or be a marksman in a shooting simulation will be considered a genuine skill worthy of appreciation, similar to throwing a football or shooting a puck.

That would be much better than the current consensus, where gaming is normally seen as an inherently antisocial and wasteful activity.

"Right now I'm so happy to be at the forefront with how the community is turning out," said Choi. "It brings down some of the stereotypes people might have about gamers, but when we come out and play together, it's just like any other sport and a very social activity."

SKI NINJAS

Comics

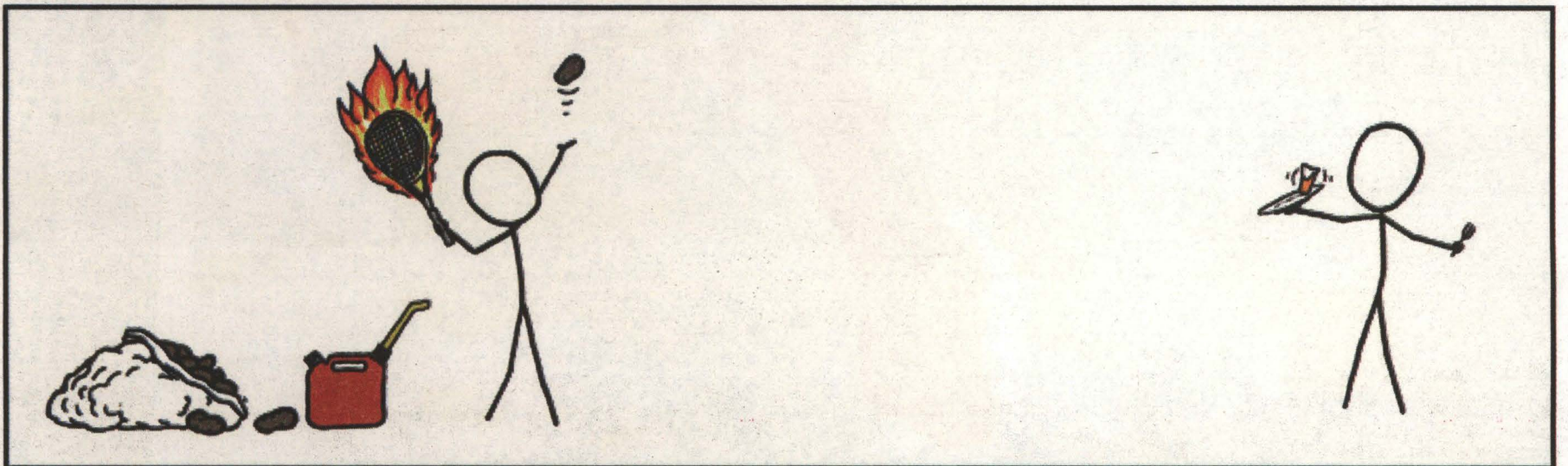


©2011 Kyle Lees



skininjas.blogspot.com

Making Hash Browns / XKCD.com



Demented Denizens

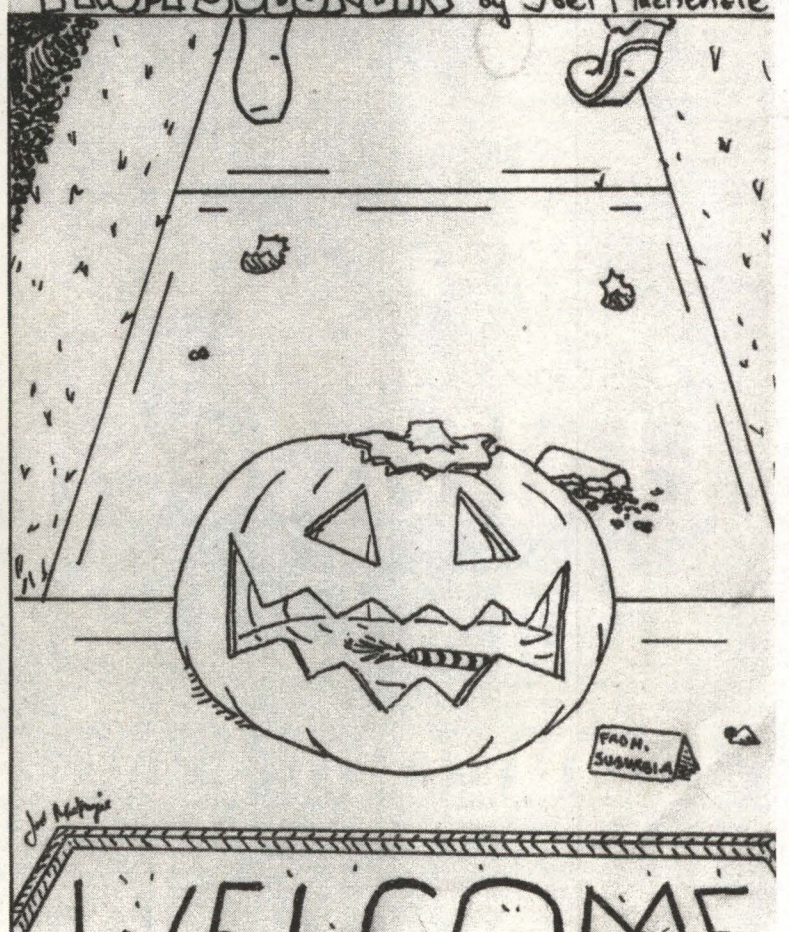
by Brian Zaikowski



Um, I found this in the upstairs bathroom.
... Whatever happened to us?

FROM SUBURBIA

by Joel Mackenzie





NIGHTMARE ON 7TH STREET

Halloween Pub Night
Thurs. Oct. 27, 8pm-1am
Dougout Lounge
Prizes for the best costumes